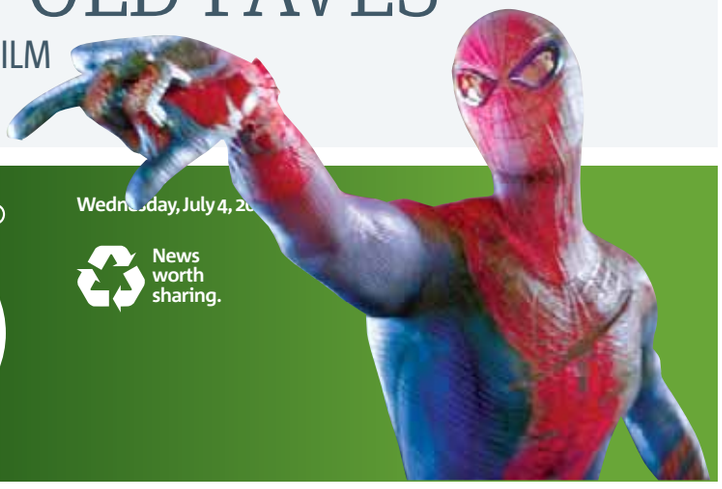
Robson poised for Caps debut

Scottish midfielder will hit the pitch against Colorado PAGE 28

HOLLYWOOD PUTS NEW SPIN ON OLD FAVES

SPIDER-MAN LATEST FILM TO GET A REBOOT PAGE 14



VANCOUVER metro®

Wednesday, July 4, 20

News worth sharing.

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Names for the African penguins at the Vancouver Aquarium have been chosen after B.C. residents nominated their favourite local towns in a month-long contest. PHYLICIA TORREVILLAS/METRO FILE

Penguins get names to march to

Vancouver Aquarium. B.C.-inspired monikers chosen in contest

Sechelt, Stevenson and Salt Spring are among three B.C.-town-inspired names going to seven of the Vancouver Aquarium's newest residents — the African penguins.

In June the aquarium held a month-long contest where more than 600 people submitted videos, poems and artwork to nominate a name for the birds based on local communities.

But the names go deeper than a simple dot on the map.

Hope and Nelson made the cut after being linked to South Africa's ex-president Nelson Mandela and the hope of a brighter future for the endangered African species.

Tofino was also deemed a good fit for the surf-loving animals, and Lillooet, after Lillooet Nation, resonated well with a call to preserve nature.

The contest winners received a one-year family aquarium pass and a VIP penguin visit.

CHELSEA ALTICE/FOR METRO

Alleged slasher sought

Ex-boyfriend a suspect in attack that left woman with wounds on her face, neck and arm PAGE 3

Roman holiday

Woody Allen's latest flick plays up beauty of Italian city PAGE 18

Another excuse to turn up the grill

Try grilled chicken with creamy curry sauce PAGE 26

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Las Vegas	from $238 + taxes & fees $123
Los Angeles	from $258 + taxes & fees $109
Calgary	from $278 + taxes & fees $138
Chicago	from $298 + taxes & fees $127
Amsterdam	from $299 + taxes & fees $491
Montreal	from $438 + taxes & fees $171
Honolulu	from $458 + taxes & fees $124
Fort Lauderdale	from $529 + taxes & fees $150
Tokyo	from $629 + taxes & fees $338

Disneyland Resort

Disneyland Resort Good Neighbor Hotel
from **$185**◊
+ taxes & fees $67

***Disney's Paradise Pier* Hotel**	from $579◊ + taxes & fees $126
***Disneyland* Hotel**	from $699◊ + taxes & fees $126
***Disney's Grand Californian Hotel* & Spa**	from $799◊ + taxes & fees $126

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Disneyland RESORT IN CALIFORNIA

Europe

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Air + First 2 Nights
from **$541**
+ taxes & fees $491

INCLUDES central accom near Anne Frank's House.

Frankfurt Air + Rail — from $625 + taxes & fees $556
INCLUDES Germany and Czech Republic rail pass.

Paris & London
Air + 7 Nights + Tours — from $1309 + taxes & fees $575
INCLUDES 4 nights central Paris accom, 3 nights central London accom, airport transfers, sightseeing tour in both cities, Eurostar chunnel crossing and breakfast daily.

Vacations

Australia
Air + First 4 Nights 4-Star
from **$859**
+ taxes & fees $886
INCLUDES Sydney accom and airport transfers.

Thailand Air + 9 Nights 4-Star — from $1469 + taxes & fees $524
INCLUDES all airfare, 3 night Bangkok accom, and 6 night Koh Samui accom. **BONUS** daily breakfast plus special myTime amenities at both resorts included.

Canada

Sunshine Coast 2 Nights
from **$159**◊
taxes & fees included
INCLUDES accom at the Best of B.C Wilderness Resort winner. Price per person based on family of 4. **ADD** 3-hour guided kayaking on the Sechelt Inlet from $105. **BOOK** this package based on double occupancy from $315.

Whistler Family Special
3 Nights 4-Star — from $93◊ taxes & fees included
INCLUDES accom in the Village with a fully equipped kitchenette. **ADD** a tree trek canopy walk from $44. Price per person based on family of 4

Kelowna 2 Nights — from $145 taxes & fees included
INCLUDES downtown accom near shops, golfing and restaurants.

Harrison Hot Springs
2 Nights — from $169 taxes & fees included
ADD 2-day car rental with unlimited mileage from $40 per day.

Victoria 2 Nights — from $208 taxes & fees included
INCLUDES Inner Harbour accom. **UPGRADE** to 4-star accom from $34 per night. **ADD** Butchart Gardens from $33.

Toronto & Niagara Falls
4 Nights + Tours — from $639 taxes & fees included
INCLUDES 2 nights Toronto accom with city tour, roundtrip transfers to Niagara Falls and 2 nights Niagara Falls accom with Niagara-on-the-Lake tour, lunch and Maid of the Mist.

Montreal & Quebec City
5 Nights + Tours + Via Rail — from $715 taxes & fees included
INCLUDES 2 nights Montreal accom with city tour, roundtrip VIA Rail economy service to Quebec City and 2 nights accom with city tour and whale watching excursion to Baie-Ste-Catherine.

Escorted Tours

Cambodia
9-Day Tour — was ~~$1005~~ now $754 taxes & fees included
HIGHLIGHTS Ho Chi Minh City, Phnom Penh, Siem Reap, Angkor Wat, Battambang and Bangkok. Travel from Ho Chi Minh City to Bangkok.

Croatia 8-Day Tour — was ~~$1199~~ now $899 taxes & fees included
HIGHLIGHTS Split, Mijet, Dubrovnik, Sipan Island, Korcula, Hvar and Brac. Roundtrip Split.

South America
9-Day Tour — was ~~$1749~~ now $1400 taxes & fees included
HIGHLIGHTS Buenos Aires, Iguassu Falls, Paraty, Ilha Grande and Rio de Janeiro. Travel from Buenos Aires to Rio de Janeiro.

USA

New York Air + 3 Nights
from **$699**
+ taxes & fees $189
INCLUDES midtown Manhatten accom.

Las Vegas Air + 3 Nights — from $179* + taxes & fees $43
INCLUDES airfare from Bellingham and accom on the Strip.

Kauai Air + 7 Nights — from $619 + taxes & fees $153
INCLUDES beachfront resort accom on the Garden Isle.

Cruises

Hawaii 12-Night Cruise
from **$799**
+ taxes & fees $78
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Mexican Riviera
4-Night Cruise — from USD $249 + taxes & fees USD $44
CRUISE roundtrip Los Angeles and visit Catalina and Ensenada. **UPGRADE** to oceanview stateroom from $22 per night.

Eastern Caribbean
7-Night Cruise — from USD $329 + taxes & fees USD $115
CRUISE roundtrip Miami & visit Nassau, St Thomas, San Juan and Grand Turk. **UPGRADE** to oceanview stateroom from $16 per night.

Alaska 7-Night Cruise — from $609 + taxes & fees $115
CRUISE Vancouver to Seward and visit Ketchikan, Juneau, Skagway and Glacier Bay. **UPGRADE** to oceanview stateroom from $7 per night.

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VPD looking for man who allegedly knifed ex

Victim expected to recover. Suspect allegedly attacked his ex-girlfriend inside a Downtown Eastside pub last Thursday

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Vancouver police are on the hunt for a 46-year-old man who allegedly slashed his ex-girlfriend in the face, neck and arm with a knife last Thursday.

Officers say they are looking for Pedro Perez-Garrido in connection with the vicious attack.

The suspect allegedly attacked a 29-year-old woman inside the West Pub at the 400 block of Carrall Street just after 12:30 a.m. on June 28.

"He ran from the pub and has not been located," said VPD spokesperson Const. Brian Montague.

The victim was rushed to hospital and is expected to recover.

Montague said Perez-Garrido and the victim had a relationship in the past, and the attack was not random.

Perez-Garrido is also known to police and has been frequenting the Downtown Eastside.

He is wanted on a warrant for aggravated assault and breach of probation.

Perez-Garrido is described as being Hispanic, six-foot-one, and weighing 180 pounds. He has short salt-and-pepper-coloured hair and brown eyes. He also has multiple tattoos: a Virgin Mary on his back, a sword in a heart on his chest, and a flower on his left calf.

Anyone who sees Perez-Garrido is asked not to approach him, but to instead call 911 immediately.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

VPD Const. Brian Montague shows a photo of Pedro Perez-Garrido, who is wanted for allegedly slashing his former girlfriend in the face with a knife last week. PHYLICIA TORREVILLAS/METRO

A smaller Langara golf course? Park board wants to skip the back nine

Vision Vancouver park commissioner Aaron Jasper is taking a swing at creating more green space for the public.

Jasper is introducing a motion coming to the board Monday asking staff to evaluate the "usage and revenue metrics for Vancouver's public golf and pitch-and-putt courses."

"The first baby step in this process is to (know) … how heavily they are being used and is there higher demand at some compared to others," Jasper said.

Jasper has his eyes on the possibility of reducing the 18-hole, 48.5-hectare Langara course to nine holes to free up land and convert it into public park space.

"Why would we not consider turning a portion or the entire golf course into a city park?" he asked. "Golf is very important and we recognize that, but as population is increasing and density in that part of the city is going to be increasing … is that the best use for that publicly owned space?"

The park board also operates the 18-hole Fraserview and McCleery courses.

Golf is a $10-million operation for the park board, which nets $1 million in revenue per year, Jasper said.

He also assured that the space will only be for park and recreation use and that the Vision members of the park board have no interest in selling off a portion of that land for housing or condo developments.

PHYLICIA TORREVILLAS/METRO

For more local news visit metronews.ca

Liquor distribution

Companies take a swig

Six companies have made bids to take over B.C.'s Liquor Distribution Branch.

Cabinet minister Margaret McDiarmind says a private-sector operator must show that it can save money on the warehousing and distribution of liquor or the privatization plan won't go ahead.

The government says it will shortlist the bids by July 20 and make a final decision on privatization by October.

THE CANADIAN PRESS

Evacuation alert lifted

Flooding threat almost over

An evacuation alert has been lifted for residents of a small island in the Lower Fraser River, about 40 kilometres east of Vancouver.

Metro Vancouver lifted the alert covering Barnston Island, about 24 hours after the River Forecast Centre dropped the High Streamflow Advisory for the Lower Fraser from Hope westward.

The only flood warning still posted in B.C. is for Shuswap Lake in the southern Interior.

THE CANADIAN PRESS

1 NEWS

On the web

Pitting brother against brother

Doug Pitt has had a rough life. The non-famous Pitt has had to compete with his movie star brother Brad all his life. But the younger sibling is finally getting the attention he deserves in his first-ever endorsement, which highlights just how amazing (and ordinary) his life is. Go to metronews.ca to read the full story.

Mobile news

Talk about your peaks and valleys. Superstar screenwriter Aaron Sorkin, who should still be basking in the warm glow of his Oscar win for The Social Network, is suddenly the object of scorn and ridicule. Scan the code to watch the video that has everyone talking.

Fisheries. Sounding the salmon alarm

Pressure is expected to intensify on commercial and First Nations sockeye-salmon fisheries in B.C., owing to a severe decline in the number of fish returning to their spawning areas, a new Simon Fraser University study suggests.

Scientists analyzed 64 independent populations of the species and found that in 24 of them the productivity of sockeye had fallen substantially since the 1990s, in both pristine and heavily disturbed habitats. The remaining areas showed either increased or stable productivity.

"The data reveal that the decline in sockeye-salmon productivity is much more widespread than just the Fraser River," lead author Dr. Randall Peterman said.

He said the northward spread of the decline into Alaska suggests climate change is a factor in producing ocean conditions harmful to sockeye. "This is a large-scale finger-pointing at climate-driven processes," Peterman said. "It's consistent with what we know about how ocean conditions can affect the survival rate of salmon."

While his team could identify no definitive cause of the drop, Peterman identified as possible culprits the growth in population of the stellar sea lion, the spread of marine viruses that affect sockeye and an influx of competitors such as pink salmon. He also noted that warmer waters tend to attract predators that feed on sockeye.

He said the population spike of sockeye in the Fraser River in 2010 was an anomaly, comparable to an unusually cold year measured against a long-term rise in global temperatures.

Most important, he said, pollution monitoring and research into salmon productivity — both of which have been sharply cut by the federal Conservatives — must continue.

"They've already cut back a lot on the monitoring that goes on for salmon populations in B.C., and it's not going to be possible to continue research into recent changes without those data."

KYLE FARQUHARSON/FOR METRO

By the numbers

80%

In southern sections of the Fraser River, sockeye productivity has plummeted by more than 80 per cent since the mid-1960s.

Mugging. Robber uses hammer to attack man

A Vancouver man escaped with minor injuries after being hit with a hammer during an attempted robbery on Monday night.

Police say the man, 61, was walking on Odlum Drive when a man walked up to him and demanded his laptop bag. "The victim refused, the suspect then pulled out a hammer, hit the victim several times in the head and then fled without receiving any property," VPD spokesperson Const. Brian Montague said on Tuesday.

The man suffered cuts and scrapes to his ear and the right side of his face. He was taken to hospital and received stitches, and has since been released. Montague said that the victim "is really fortunate. It could have been much worse."

The robber is described as a white man aged 18 to 26, about six feet tall, 160 pounds, with short hair. It is believed he was wearing a blue hoodie at the time of the attack. Anyone with information is asked to call police at 604-717-3200 or Crime Stoppers at 1-800-222-8477.

PHYLICIA TORREVILLAS/METRO

Drugs and guns

Border guard guilty of smuggling

A former Canadian border guard stationed in B.C. has been convicted of helping smuggle cocaine and guns into the country. The Crown said guard Baljinder Singh Kandola conspired with Shminder Singh Johal, who operated a company called Speedline Auto Sales. Both were arrested in 2007 when police seized cocaine and firearms. They were convicted of conspiracy, drug and weapons charges and will be sentenced later.

THE CANADIAN PRESS

Policy flip-flop

Province to cover some medical supplies after all

The province is restoring coverage for a range of medical supplies for people on income and disability assistance. The government scrapped the coverage in April 2010 to save money, but Social Development Minister Stephanie Cadieux reversed the cuts after a review. The items the government will again cover range from scooters and ventilator supplies to apnea monitors and syringes. The changes take effect in October. THE CANADIAN PRESS

Political commentator Mike Klassen continues to tweet from the City Caucus account but the blog he co-wrote with Daniel Fontaine will no longer be updated.

CHELSEA ALTICE/FOR METRO

City Caucus goes out on a high note

Influential blog. Writers will continue on Twitter and Facebook with city news and views

CHELSEA ALTICE
vancouver@metronews.ca

No longer can politically baffled British Columbians turn to the City Caucus blog for civic news and policy updates. After three and a half years, co-writers Daniel Fontaine and Mike Klassen published their last post on Tuesday, saying the blog was too time-consuming.

"Whenever you're driven by passion, it needs to continue to be enjoyable, and the enjoyment factor was being limited by the time it took," Klassen said.

The duo, who are affiliated with Vancouver's Non-Partisan Association, often spent up to two hours a day updating the blog, considered an alternative voice on matters relating to the B.C. government and media.

Klassen discussed the decision with Fontaine in mid-June. When the site reached a milestone five-million page views over the weekend, it was time to throw in the towel.

"We will continue to write, but not on this venue," he said.

While the blog has retired, the pair will continue to update the City Caucus Twitter and Facebook accounts.

"We've created a political brand and now have close to 6,000 followers on the sites combined," Klassen said. "We will continue to share news and information, political matters of the day, but not devote as much time."

Give and take

"I think good reporting from mainstream media made our work better, and vice-versa."

City Caucus blogger Mike Klassen

Five Hole for Food founder Richard Loat CONTRIBUTED

Facing off to beat hunger

Five Hole for Food hit St. John's on Tuesday to kick off its cross-country tour of road hockey in support of food banks.

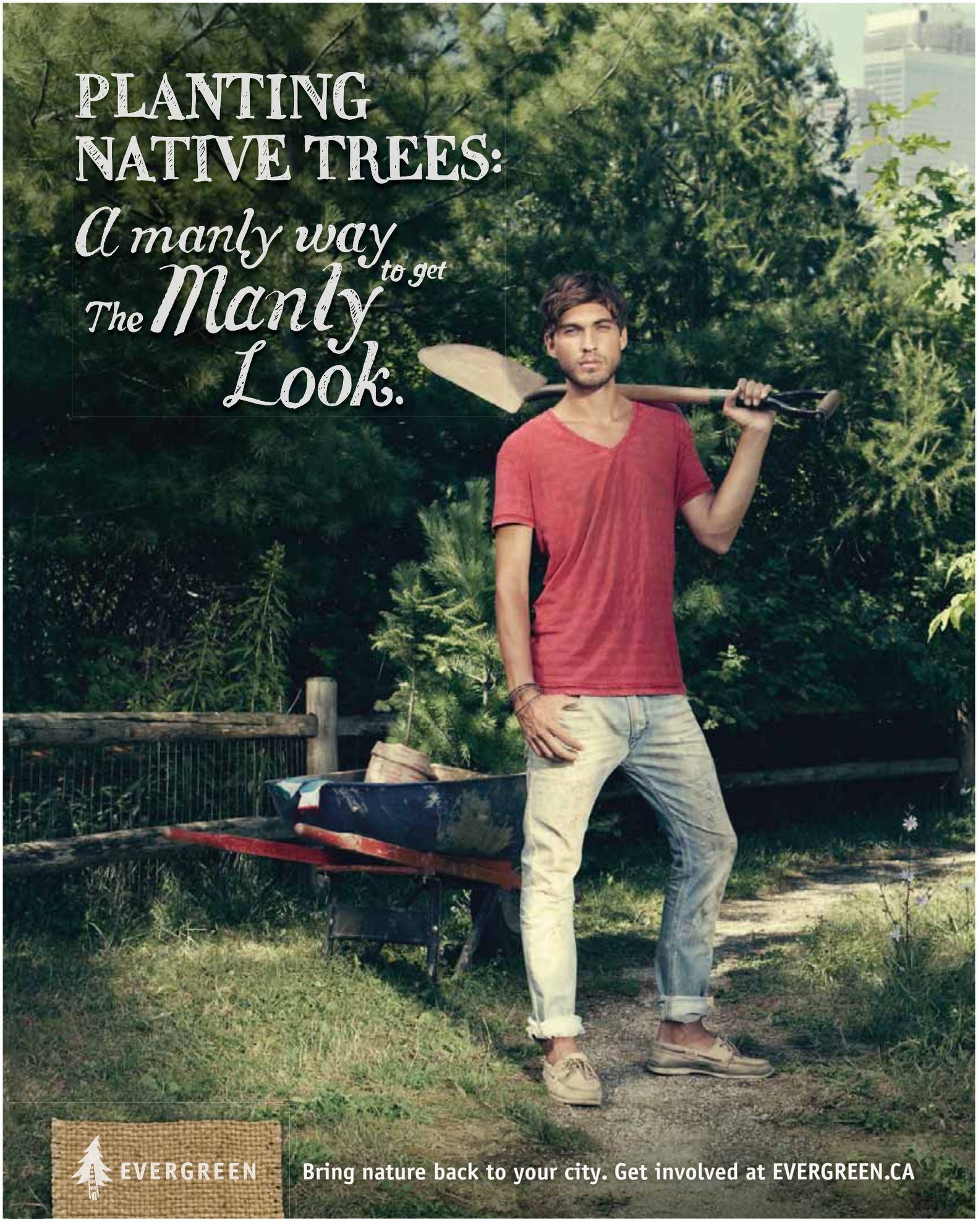
The pop-up rinks brought in 43,000 pounds of donated food last year, but campaign founder and Simon Fraser University graduate Richard Loat is aiming for 100,000 pounds this time around. "We truly believe that the support of Canadians across the country in the 13 cities will do it," Loat said. "People are so excited to pick up a hockey stick and do something so simple that contributes so much locally."

The campaign was hatched during the 2010 Vancouver Olympics, when people from all countries joined in the open downtown scrimmages.

"It was so overwhelming to see how people didn't care what crest was on your chest," Loat said. "Hockey is a uniting force across Canada, and the fact that we're able to play with that passion just speaks of the vehicle of social change possible."

The team arrives in Vancouver July 21, closing down the 800 block of Granville Street for drop-in games between 12 and 6 p.m. Mayor Gregor Robertson lined up in the past and said he'll be there to face off again this year. Local hockey stars and bands will also make appearances. All Vancouverites need to join the fun is a stick and a food donation.

CHELSEA ALTICE/FOR METRO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This undated photo provided by the Facebook group HelpAndrewOberle shows graduate student Andrew Oberle sitting with a chimp. THE ASSOCIATED PRESS

Chimps who attacked U.S. student will live

Two adult chimpanzees that attacked a U.S. student at a primate sanctuary in South Africa were defending their territory and will be allowed to live, the lead government investigator said on Tuesday.

Conservationist Dries Pienaar blamed human error for Thursday's attack.

But one of the sanctuary managers, Eugene Cussons, said he did not blame Andrew F. Oberle for crossing between two safety fences to retrieve a rock that the chimps were in the habit of throwing at tourists.

Oberle was in critical condition and in a medically induced coma in the hospital by Monday night. On Tuesday, doctors refused to describe his condition, saying his family, who have arrived from the United States, are traumatized and asking for privacy.

Pienaar told The Associated Press that the chimps tore off one of Oberle's testicles and some fingers from one hand as well as mauling his head. This was "to my astonishment, I couldn't believe it because I know those chimps personally," he said.

He said he found no negligence on the part of the Jane Goodall Institute's Chimpanzee Eden SA in eastern South Africa. THE ASSOCIATED PRESS

Ex-president's home searched in election probe

France. L'Oréal heiress suspected of providing illegal campaign cash to Sarkozy's party during 2007 election

French investigators searched the home and office of former president Nicolas Sarkozy on Tuesday as part of a probe into suspected illegal financing of his 2007 presidential campaign by the L'Oréal cosmetics heiress, an official said.

Potential legal troubles have threatened Sarkozy since he lost the presidency to Socialist Francois Hollande in May elections. Sarkozy, who lost his immunity from prosecution on June 15, denies wrongdoing.

Judge Jean-Michel Gentil and other investigators from the Paris financial crimes unit conducted the search of Sarkozy's home and office, the official said. The official spoke on condition of anonymity because he was not authorized to be publicly named discussing an ongoing investigation.

Former French president Nicolas Sarkozy THE ASSOCIATED PRESS FILE

The probe centres on the finances of France's richest woman, L'Oréal cosmetics heiress Liliane Bettencourt.

A long-running family feud over her fortune ballooned in 2010 into a multilayered investigation and political affair. Allegations emerged that Bettencourt provided illegal campaign cash to Sarkozy's party during the 2007 campaign. Sarkozy vigorously denies the claims.

The allegations struck a chord with Sarkozy's critics, who were frustrated by Sarkozy's handling of the recession-hit economy and saw him as too cosy with the rich. THE ASSOCIATED PRESS

Myanmar opposition leader Aung San Suu Kyi THE ASSOCIATED PRESS FILE

Myanmar. Suu Kyi defiant after being told to stop calling it 'Burma'

Myanmar opposition leader Aung San Suu Kyi sees nothing wrong with calling her country Burma even though the government objects.

Opposition activists have used the name Burma as a form of protest against the now-defunct army junta that renamed the country two decades ago.

Myanmar's election commission complained last week that Suu Kyi repeatedly called the nation Burma during her recent trips to Thailand and Europe. The commission said Suu Kyi should stop and should respect the constitution.

Suu Kyi retorted that the name was altered in 1989 "without consulting any public opinion." She says she will use whatever term she wants. THE ASSOCIATED PRESS

Libyan-Canadians make their vote count

Asma Eshakshuki, middle, smiles as she waits alongside fellow Libyan-Canadians to vote during the first day of the Libyan National Congress Elections in Ottawa on Tuesday. Canada is one of just six countries with Libyans living abroad that are making voting available. The others are the United States, Germany, the United Arab Emirates, Jordan and the United Kingdom. Libya will vote on Saturday. SEAN KILPATRICK/THE CANADIAN PRESS

New York tradition

Hotdog champs weigh in before defending titles

The two defending-champion eaters and their challengers gathered with Mayor Michael Bloomberg on Tuesday for an official weigh-in ahead of New York's annual July 4 hotdog-eating contest.

Joey Chestnut and Sonya (The Black Widow) Thomas, who will defend their titles Wednesday, weighed in at 210 and 100 pounds, respectively. Chestnut is vying for his sixth straight victory. The contest has been a New York tradition for 97 years. THE ASSOCIATED PRESS

Disease prevention

U.S. clears first over-the-counter test for HIV

The U.S. Food and Drug Administration has approved the first over-the-counter HIV test, allowing Americans to check themselves for the virus that causes AIDS in the privacy of their homes.

The OraQuick test detects the presence of HIV in saliva collected using a mouth swab. The test is designed to return a result within 20 to 40 minutes.

Government officials estimate one-fifth of the 1.2 million HIV carriers in the U.S. are not aware they are infected. THE ASSOCIATED PRESS

Lagginhorn summit

5 foreigners die after climbing Swiss mountain

Police say five foreign climbers have died in a mountain accident in Switzerland near the Italian border. They said the mountaineers successfully reached the 4,010-metre Lagginhorn summit on Tuesday but plunged more than several hundred metres to their deaths after beginning to descend.

A sixth member of the group who had stopped before reaching the summit immediately alerted rescue authorities, but the five climbers died on the spot. THE ASSOCIATED PRESS

Syria using torture centres to fight uprising: Group

Syrian security forces are running more than two dozen torture centres where captors punch staples into detainees' skin, tear out their fingernails, beat them with sticks and administer electric shocks to their genitals and other body parts, an international rights group said on Tuesday.

The New York-based Human Rights Watch said the frequency of torture in Syrian detention centres could constitute crimes against humanity and called for international action.

"The systematic patterns of ill treatment and torture that Human Rights Watch documented clearly point to a state policy of torture and ill treatment and therefore constitute a crime against humanity," the group said.

It called on the United Nations Security Council to refer the situation in Syria to the International Criminal Court in the Hague and to impose sanctions on those who practise or oversee torture. THE ASSOCIATED PRESS

Furry find

Now their car's running purrfectly

Two women pulled into Rob Clarke's auto-repair shop in Komoka, Ont., and complained of "meows" coming from the engine.

Clarke popped open the Mercedes Benz's hood and found a kitten lodged toward the back of the engine. The furry stowaway is now in a local foster home.

METRO IN LONDON

Spending furor

Bev Oda quits, shuffle on way?

International Co-operation Minister Bev Oda resigned Tuesday, giving Prime Minister Stephen Harper the space he needs for a cabinet shuffle this summer.

Oda's spending habits sparked a furor earlier this year when it was revealed she had rejected one five-star hotel in London, England, for another, more luxurious one at more than double the cost.

She had also hired a luxury car and driver for an average of $1,000 per day.

Her departure will force a byelection in the suburban Toronto riding of Durham within six months.

THE CANADIAN PRESS

JetBlue rant

Judge decides not to convict pilot

A federal judge in Texas has ruled that a JetBlue pilot who left the cockpit during a flight and screamed about terrorists is not guilty by reason of insanity.

Passengers wrestled Clayton Osbon to the floor after he ran through the plane's cabin during the March 27 flight from Las Vegas to New York.

He will now be examined at a mental-health facility.

THE ASSOCIATED PRESS

Elliot Lake tragedy

OPP launch probe into roof collapse

New information has forced provincial police to launch a criminal investigation into a fatal mall-roof collapse in Elliot Lake. Two women were killed.

Premier Dalton McGuinty has also announced a public inquiry.

THE CANADIAN PRESS

In the heat of the moment, blame global warming

But is climate change the culprit? Scientists cagey: Too early to say it's behind the wacky weather

Hot enough for ya? Is this what global warming has in store for us?

Just look at North America's weather picture in recent weeks:

Horrendous wildfires.
Oppressive heat waves.
Devastating droughts.
Flooding.

Weather expert Kevin Trenberth calls it "I told you so" time.

The head of climate analysis at the National Center for Atmospheric Research in fire-charred Colorado says he warned of these record-breaking conditions, but many people wouldn't listen.

Jonathan Overpeck, professor of geosciences and atmospheric sciences at the University of Arizona, goes further.

"This is what global warming looks like at the regional or personal level," he says.

He adds: "This is certainly what I and many other climate scientists have been warning about."

But climate scientists also warn it's far too early to say global warming is the cause of the wacky weather. It takes intensive study, complicated mathematics, computer models and lots of time, they say.

Weather is always variable, they stress. Freaky things happen. THE ASSOCIATED PRESS

Melissa Mgana kisses her five-year-old daughter Sofia amid the ruins of their home in Colorado Springs, Colo. It was destroyed in a wildfire on the weekend. HELEN H. RICHARDSON/DENVER POST/THE ASSOCIATED PRESS

Turn on the air conditioning ... please

Is the world warming up? Listen to the scientists.

- Since Jan. 1, the U.S. has set more than 40,000 hot-temperature records, but fewer than 6,000 cold ones, says the National Oceanic and Atmospheric Administration.
- Through most of last century, the U.S. used to set hot and cold records evenly, but since 2000 America has set two hot records for every cold one, says climate expert Jerry Meehl of the National Center for Atmospheric Research.

STEVE MARTEL
— LIVE THE DREAM —

Well, I tried to re-invent the wheel for few weeks until I realized that Steve Martel was there. So I realized that by having somebody who has done all the leg work before, it just speeds up the entire process.
Matthew

He has a very approachable personality. It is not like "I am here and you are just a lowly person". He seems relaxed, he makes jokes, and he goes over the information more than once and answers questions readily.
Whitney

I have done as much research as I could on my own, but nothing as intense as what I just experienced. Lots of info that I don't know how I would have found out other than by making the mistakes and finding out the hard way.
Chris

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2 pm or 7 pm

Thursday July 26, 2012
Holiday Inn Vancouver Airport
10720 Cambie Road
Richmond, BC V6X 1K8
2 pm or 7 pm

Hot times. Lights and AC remain out for residents across U.S. Mid-Atlantic

Utility crews struggled Tuesday to restore power to more than one million people in the eastern U.S. as frustration grew four days after storms that have led to 24 deaths so far. Officials worried the toll could rise because of stifling conditions and generator fumes.

Lights — and air-conditioning — were still out for more than 1.2 million homes and businesses in seven states and the nation's capital. Powerful wind storms that swept from the Midwest to the Mid-Atlantic late Friday toppled trees and branches into power lines and knocked out big transmission towers and electrical substations.

Utilities were warning that many neighbourhoods could remain in the dark for much of the week, if not beyond. Public officials and residents were growing impatient.

Helping hand

Hydro crews from Canada have joined efforts to restore power to millions of Americans who were still in the dark for a fourth day Tuesday.

- About 200 Hydro One employees from Ontario are helping local utilities in Virginia, Baltimore and Washington, D.C. Hydro Quebec has about 70 workers assisting local crews in Maryland.

"This has happened time after time and year after year, and it seems as if they're always unprepared," said John Murphy, who was waiting for the power company in the Washington, D.C., area to restore electricity. THE ASSOCIATED PRESS

User information

Twitter to report government requests

Twitter will provide twice-yearly reports about U.S. and foreign-government demands for information on its users, just as Google has done for the past two years. The first batch of data posted Monday on Twitter's website shows the service processed 849 government requests about its users during the first half of this year. Twitter says it gave officials at least part of what they wanted 63 per cent of the time. THE ASSOCIATED PRESS

Human rights

Amnesty decries violence by Greek police

Amnesty International charged in a report Tuesday that Greek police often use violence against demonstrators, migrants and detained suspects, and that authorities' willingness to downplay the problem exacerbates a "climate of impunity."

The human-rights group examined cases mainly from 2008-2012, although some went as far back as 2001.

THE ASSOCIATED PRESS

Iraq bombers may have bribed guards: Official

Inside help. Some fear that security forces are assisting terrorists in carrying out deadly attacks ahead of a religious pilgrimage

People visit the Shiite cemetery in Najaf, 160 kilometres south of Baghdad, on Tuesday. Market bombings and other attacks across Iraq killed and wounded scores of people on Tuesday, and one senior intelligence figure said he could not rule out that guards may have taken bribes to allow terrorists to penetrate security during a Shiite pilgrimage.

ALAA AL-MARJANI/THE ASSOCIATED PRESS

Bombs pounded six Iraqi cities and towns Tuesday, killing at least 40 people and raising suspicion that security forces might be assisting terrorists in launching attacks on Shiite Muslims.

The onslaught came just ahead of a religious pilgrimage that could attract even more violence.

A senior Iraqi intelligence official said checkpoint guards may have been bribed to help al-Qaida-linked Sunni insurgents plant bombs at Shiite marketplaces. The attacks injected new fear into Iraqis, resigned to worsening violence six months after the last American troops left the country.

"We want to live a normal life, but with the current spike in violence and victims, I am personally thinking of moving," said Hassan al-Saadi, 40, a Shiite sports-equipment-store owner in Baghdad who is considering pulling his four children from school for their safety. "I see the future as worse," al-Saadi said.

A spike in violence over the last month is blamed partially on Iraq's paralyzing political crisis, which pits Prime Minister Nouri al-Maliki's Shiite-led government against rival Shiite politicians, Sunni Muslims and ethic Kurds who complain they've been sidelined.

Also, the crisis in neighbouring Syria may have allowed weapons intended for the opposition to President Bashar Assad to be siphoned off to Iraqi insurgents.

Tuesday's deadliest attacks hit the southern Shiite cities of Karbala and Diwaniyah. Despite the risk, hundreds of thousands of Shiite pilgrims are expected to gather Friday in Karbala for an annual religious observance.

Sunnis also were targeted. Two blasts hit a residential area in the Sunni city of Taji, just north of the capital, killing three people. Four people died in bombings and shootings in Sunni-dominated Diyala province in Iraq's northeast. THE ASSOCIATED PRESS

Out of control?

- Security forces have struggled to stop the past month's spiralling violence, damaging the government's shaky credibility among Iraqis and fanning fears the country may be out of control without U.S. troops.
- Sunni insurgents appear to have been emboldened by the months-long political crisis, seeking to exploit ethnic and sectarian tension to drag Iraq back down into the widespread violence between Sunni and Shiites that brought Iraq to the brink of civil war five years ago.
- "These guys see Iraq as a gigantic bomb, and they are trying their hardest to set it off," said Kenneth Pollack, a Clinton administration official who is now a Middle East analyst at the Brookings Institution think-tank in Washington, D.C.

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Big feet, fat wallet saved Canadian, parents say

Kenya. Kidnapped aid workers rescued by pro-government Somali militia on Monday

Big feet and a fortuitously placed wallet helped save the day for a Canadian aid worker snatched at gunpoint at a Kenyan refugee camp and marched with three other captors across the border into Somalia, his parents said Tuesday.

Clearly relieved after days of frantic worry, Carol-Ann and Peter Dennis were able to share some of the humour that helped sustain their son Steve Dennis during his ordeal.

"He's tall, so he's got big feet," Carol-Ann said.

"The trackers could track them because they could see the big foot and some little feet in the pattern of walking."

Dennis, 37, of Toronto and fellow Canadian Qurat-Ul-Ain Sadazai, 38, of Gatineau, Que., were among four aid workers snatched at gunpoint from the Dadaab refugee camp near the Somalia border on Friday.

Quoted

"He looks like he just stepped off a cruise."

Peter Dennis upon seeing his rescued son, Steve, alive and well on TV

Their Kenyan driver was killed when four gunmen attacked their two-vehicle convoy. Dennis was grazed by a bullet during the chaos.

"In Steve's case, it happened to hit him right in his wallet that he carries in his front (leg) pocket — it bruised him a little bit," his father said.

"He said he was saved by his credit cards."

The group later abandoned the vehicle they had taken and walked across the border.

Also kidnapped and rescued were Astrid Sehl, 33, of Norway, and Glenn Costes, 40, a Filipino.

THE CANADIAN PRESS

Steve Dennis of Toronto arrives by Kenyan military helicopter at Wilson airport in Nairobi, Kenya, on Monday. KHALIL SENOSI/THE ASSOCIATED PRESS

Benefits. Feds scrambled to revise policy on refugee health coverage

The Conservatives were forced to amend their policy on cutting off benefits for refugee claimants just forty-eight hours before it came into effect.

A spokesperson for Immigration Minister Jason Kenney said Tuesday the end of extended health benefits for refugee claimants was never meant to apply to government-assisted refugees.

But with a June 30 deadline looming on the proposed changes, the department realized that's exactly how the new rules would apply — and officials were forced to get cabinet approval for an amendment.

The approval came through only at the last minute: The order-in-council making the change was signed on June 28 and published Tuesday.

The policy — which strips refugee claimants of access to pharmaceutical, dental and vision coverage and limits other forms of coverage — had been announced in April.

It's projected to save the government $20 million a year for the next five years. At the time, the Conservatives said the changes were meant to ensure refugee claimants didn't get better health benefits than average Canadians.

But the change was met by immediate and sustained criticism from advocacy groups who accused the Conservatives of denying care to some of the most vulnerable in Canadian society.

That included refugees brought over by Canada through its international obligations, known as government-assisted refugees. About 7,500 come to Canada each year.

THE CANADIAN PRESS

Jason Kenney THE CANADIAN PRESS

Quoted

"Our intention was never to have this policy impact government-sponsored refugees who have been living in UN refugee camps, who arrive in Canada as permanent residents, but who do not initially qualify for provicial social support."

Alexis Pavlich, spokeswoman for Immigration Minister Jason Kenney

Nigeria

Hippo shot dead after killing men

A hippopotamus that killed two fishermen in Nigeria's northeast has been shot dead, authorities said Tuesday, highlighting how ill-equipped Nigerian wildlife-control officials are to protect both wildlife and the communities that surround them. Local hunters killed the hippo in the town of Shelleng on the bank of the Benue river last Sunday. THE ASSOCIATED PRESS

Mystery

Hunt is on for Earhart's plane

A $2.2-million US expedition is hoping to find out once and for all what happened to aviator Amelia Earhart when she went missing over the South Pacific 75 years ago. A group of scientists, historians and salvagers headed for a remote island in the Pacific nation of Kiribati Tuesday in hopes of finding the wreckage of Earhart's plane. THE ASSOCIATED PRESS

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When does life begin?

Ohio group falls short in quest for signatures in battle over abortion

An anti-abortion group in Ohio has failed in its attempt to gather enough signatures to change the state constitution to declare that life begins when a human egg is fertilized.

Backers of the proposed constitutional amendment in Ohio and elsewhere hope to spark a legal challenge to the U.S. Supreme Court's 1973 Roe vs. Wade decision, which gave women a legal right to abortion.

Patrick Johnston, director of Personhood Ohio, said Tuesday the group collected only about 33,000 of the roughly 385,000 signatures that are required for a November vote.

Supporters in Ohio had hoped to alleviate concerns that the amendment could make some birth control illegal and deter in vitro fertilization.

They had phrased their proposed amendment to say it wouldn't affect "genuine contraception" or in vitro procedures.

THE ASSOCIATED PRESS

Making the neighbours turn green with envy

Peterborough project. Students on target to build Canada's greenest home

Table saws buzz. Hammers bang. The scent of lumber perfumes the summer air.

Safety-gear-wearing workers move through the framed lower level of a 2,000-square-foot home and prepare the second floor for wall installation.

Bits of straw poke out of the prefabricated, straw-bale-insulated walls that will be erected on the second floor of what builders hope will be Canada's greenest home. It's being built in Peterborough, Ont.

"The process of doing a green building is, in a lot of ways, very similar to traditional building," said Chris Magwood, director of Endeavour Centre, the sustainable construction school undertaking the project.

Eight students, ranging in age from 19 to the early 50s, have signed up for the Endeavour Centre's Sustainable New Construction certificate program to learn what it takes to build a green home.

The students made the 16-inch-thick, eight-foot-tall, one-tonne walls themselves as part of a one-day lesson with an Ontario company that makes them.

Many builders have never heard of the elements going into this structure: Think insulation made from ground-up off-cuts of blue jeans and walls made by hand using bales of straw.

While working on the house, many of the students have also discovered other potential careers … as tradespeople in the growing green-building industry.

TORSTAR NEWS SERVICE

Trial and error

"Any time we mess something up, we always go back and fix it, and it takes so long sometimes, but it's always done right."

Student Jeremy Clarke, 19

Endeavour Centre students are learning what it takes to build a green home. TORSTAR NEWS SERVICE

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Paris mayor stays neutral on Quebec's tuition hikes

Protests. Visiting politician meets with students to hear their arguments

The socialist mayor of Paris sat down with Quebec's protesting students on Tuesday in a meeting that Premier Jean Charest was quick to play down.

Bertrand Delanoe, who was in Quebec to attend an international forum on the French language, wanted to be briefed on the students' opposition to tuition-fee increases that would still have them paying some of the lowest fees in Canada.

Charest said after a ceremony at the legislature, where Delanoe was invested as an officer of the Order of Quebec, that the socialist politician was free to meet with representatives of "civil society."

"There was never any question of him condoning anything and on this he was very clear," Charest told a news conference. "To suggest the opposite would be the opposite of the truth."

Charest said Delanoe had proved his neutrality on the tuition-fee issue by refusing to allow a debate on it by Parisian municipal politicians.

There have been several sympathy demonstrations for the Quebec students in the French capital during the last few weeks. Delanoe said after the investiture ceremony that he was interested in the students' side of the debate.

"Quebec is a democracy and we do not interfere in the democratic debates of its population," he said. "While I was here, I wanted to listen — and I mean listen — to the student associations to try and understand why they took their positions. But of course I am not taking sides." THE CANADIAN PRESS

Quoted

"The fact that the mayor wanted to meet with us shows that not only Quebecers are interested in this (issue)."

Martine Desjardins, president of the Quebec university students' federation

Stars, stripes and hot air

Alex Nutt watches the PNC American Flag balloon being inflated in honour of America for Independence Day on Tuesday in Hoboken, N.J. The 53-by-78-foot balloon is the world's largest free-flying American flag, weighs 530 pounds and is being flown in the upcoming 30th annual NJ Festival of Ballooning. MICHAEL LOCCISANO/GETTY IMAGES

Gaining publicity

Fundraising run halted by arrest

An Alberta man's quest to raise $1 million for Stollery Children's Hospital Foundation in Edmonton through a cross-Canada run has received a boost in publicity from an unexpected event — his own arrest by Quebec police.

Curtis Hargrove faces a charge of obstructing justice after he allegedly refused a provincial police officer's demand Monday that he get off the Trans-Canada Highway.

Curtis Hargrove
JACQUES BOISSINOT/THE CANADIAN PRESS

THE CANADIAN PRESS

Police

No punishment for officer who shot man stabbing dog

An Edmonton police officer who shot a man four times as he was stabbing his police dog will not be punished by the department.

An internal disciplinary hearing Tuesday dismissed a charge of unnecessary use of force against Staff Sgt. Bruce Edwards.

Kirk Steele survived the July 2006 shooting but doctors had to remove one of his kidneys and an adrenal gland.

"It is my finding that the only option available to Sgt. Edwards was his firearm and to use lethal force to stop the lethal force threat presented by Mr. Steele," wrote Paul Manuel, a retired Calgary police inspector, who adjudicated the hearing. "I find that the level of force was not excessive in the circumstances and I do find that it was objectively reasonable." THE CANADIAN PRESS

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RIM boss goes on the defensive

'Nothing wrong.'
Heins attempts to cast tech company's current challenges in a positive light

RIM CEO Thorsten Heins
THE CANADIAN PRESS

Research In Motion chief executive Thorsten Heins was on the defensive Tuesday, insisting "there's nothing wrong with the company as it exists right now," and that he's confident the BlackBerry maker will get past its current challenges.

Heins led the march of several executives who fanned out to media outlets in an effort to cast a positive glow on the company, which has been facing an increasing amount of negativity over its seemingly endless problems.

Last week, RIM shocked the market with another delay to its crucial BlackBerry 10 operating system that has been considered by many as a last-ditch effort to save the company. But that was only part of the bad news.

RIM also said it would layoff about 5,000 employees as it slashes costs across the organization to contend with faltering sales of its BlackBerry smartphones and a quickly eroding stock price.

RIM's stock closed 10 cents lower at $7.44 on Tuesday at the Toronto Stock Exchange.

Heins acknowledged the company faces a challenge to regain market share in the United States, but insisted RIM isn't in a "death spiral."

Heins said the major changes RIM has made to its management and business objectives since he became CEO in January are part of a massive transition to a whole new technology platform.

He said sales in other parts of the world remain strong and argued the transition to the BlackBerry 10 will be a completely different way for RIM to address mobile computing.

THE CANADIAN PRESS

Lending. BMO predicts BoC will keep key interest rate low well into 2013

The Bank of Montreal predicted Tuesday that the Bank of Canada will keep its key interest rate low for longer than it expected.

Economists at the bank are now predicting that the central bank will not raise its key rate until July 2013, six months later than their earlier prediction of January 2013.

The rate affects the prime lending rates at banks and in turn influences all kinds of interest rates including those charged to variable rate mortgages and lines of credit.

But BMO mortgage expert Laura Parsons urged prospective home buyers to choose fixed-rate mortgages, which are also near record lows.

"While interest rates have been at historic lows, the inevitable climb will happen," said Parsons. "Choosing a fixed mortgage can provide protection against rising rates."

Ottawa moved last month to tighten mortgage rules for the fourth time in as many years in an effort to cool the housing market.

THE CANADIAN PRESS

Markets scandal

Barclays CEO, COO resign

Barclays chief executive Bob Diamond quit his job Tuesday in a financial markets scandal that has also seen the chairman announce his intention to resign.

Jerry del Missier, appointed only last month as chief operating officer at the bank, resigned hours after Diamond left. Both resignations take effect immediately. THE ASSOCIATED PRESS

Online video

Netflix viewers surpass 1B hours

Netflix announced Tuesday that its subscribers watched more than a billion hours of online video last month as the advent of high-speed Internet connections and mobile devices change people's viewing patterns.

The rising usage also indicates that Netflix's recent efforts to expand its video library are paying off. THE ASSOCIATED PRESS

Market Minute

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OIL $87.66 US (+$3.91)

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JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

I'm always looking for a new experience, so I've decided to sign up for a triathlon: swim, cycle, run; one immediately after another.

A lot of people are fierce and brave, and they like to tackle the Ironman triathlon, which consists of a 3.96-kilometre swim, a 180.25-km bike ride and a 42.2-km marathon, without any rest or dying in between.

I am not an iron man. More like a straw man, so I thought I'd start with a "sprint triathlon," which sounds very zippy, doesn't it? A sprint is to the Ironman what a Yaris is to an F-350 pickup: 700-m swim, 20-km bike ride, 5-km run. There's less chance of sinking like a stone at about 2.57 km into the swim or falling off your bike into a ditch at 127 km, or wandering into traffic, dehydrated and disoriented, around 37 km into the marathon.

Still, this "sprint," which occurs on July 22 (why are my palms sweating already?) has its challenges, not the least being I've never done all three of these things in a row on the same day, and rarely in the same month.

The main challenge, as far as I can tell, is getting through the transition, which means getting from the pool and onto the bike, then off the bike and into running shoes, all while the clock is ticking. The "three Ts" are key to transition: towels, talcum powder and tugging, not necessarily in that order. It's also important not to get confused and cycle in your swim goggles or run in your bike helmet, all of which apparently happen. How would I know? I've never even watched a triathlon.

Which might lead you to ask why I'm doing this. Well, it was either this or one of those river cruises along the Seine. Both of them involve going someplace exotic; either Paris or the pool at UBC. But the river cruise costs $7,000; registering for the triathlon? $68.

No contest.

Two weeks after the Point Grey Sprint Triathlon, on Aug. 7, is a similar event called the London Olympic Triathlon. While I'm just starting out, the great Canadian gold medallist (2000 Sydney Games) Simon Whitfield is in the twilight of his career and will be competing in one last Olympics before he retires, a geezer at 37.

Even though I can spot Simon a couple of years, once again, there are some similarities. Expectations are the key. On Aug. 7, the whole nation will be holding its breath, hoping that Simon is able to win gold one last time. On July 22, my wife will be holding her breath, hoping that I at least make it out of the pool.

OK. So what did you want for $68?

He's no Paul Sullivan, but Simon Whitfield, right, will still compete at the Olympics one last time. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Festival will make you wanna jump

PETER MACDIARMID/GETTY IMAGES

A Brit hit

London launches largest string of summer events

Elizabeth Streb's dancers perform in front of Tower Bridge at the launch of the Mayor of London Presents cultural events program on Tuesday in London, England.

The Mayor of London, Boris Johnson, launched an unprecedented program of free cultural events. From daredevil dancers choreographed by Elizabeth Streb to unusual car-park art exhibitions including the work of artists such as Jeff Koons, David Hockney and Andy Warhol for BMW ART DRIVE presented by the ICA.

This will be the biggest-ever outdoor cultural festival the capital has seen, brought to you by the Mayor of London and London 2012 Festival.

To help visitors navigate through all of the excitement, the mayor also launched a free smartphone app Tuesday, which provides users with information on the festival as well as the city's events, attractions and recommendations on the best restaurants. The app uses Google Maps technology for easy touring.

GETTY

What to do, what to do?

- **Nothing is Set in Stone** by award-winning composer and artist Mira Calix, incorporates an interactive sound system that allows visitors to experience the work through both touch and sound in the peaceful Fairlop Waters.
- **Fish Out of Water.** The English National Ballet and seven sisters group use dance, costume and camcorders to create an innovative performance at two iconic London venues.

From the mayor's office

"There has never been a better time to explore London, not just the well-known attractions, but the wonderful local gems waiting to be discovered."

Mayor Boris Johnson

Metropolitan Panel

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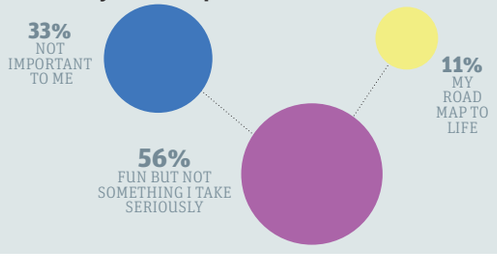

Twitter

@GraemeMcRanor:
The sun is Vancouver's Sasquatch.

@xxmissjamie:
#Vancouver, some #sunshine anytime now would be nice. Its mid july and I'm dressed for snowboarding.

@heyyMA:
This weather has been the biggest mood kill. Enough is enough. Where the eff are you, summer?? #Vancouver

@brianwheatley01:
Wear sunscreen in the Summer in Vancouver and rain will wash it into your eyes.

@Brandon_Brony:
Chilly start to Summer, but I'm fine with that! Heck, the rain is fine with me too! #Summer #Vancouver

@missjeev:
#Vancouver weather is starting to get on my nerves... This is not the summer I was looking forward too. -_-

metro

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SCENE

Marketing deal

Pitbull to Alaska: I know you want me

Miami rapper Pitbull might soon be chilling out in Alaska. In a marketing deal, Walmart will send Pitbull, a.k.a Armando Christian Perez, to the store that gets the most "likes" on its Facebook page. Right now, the leading candidate is Kodiak, Alaska. And there may be a reason. A writer for The Boston Phoenix newspaper thought it'd be funny to send Pitbull to the most remote Walmart possible, and is encouraging people to "like" the Walmart in Kodiak. The Kodiak Walmart had more than 35,000 "likes" Monday, more than five times the town's population.

THE ASSOCIATED PRESS

On the web

Dona Bailey, a rare female programmer in Atari's early days, recalls birth of Centipede

Why make a new film when you can recycle an old one?

Play it again, Sam. Hollywood has long been a fan of movie reboots. Spider-Man is the latest flick to get a an actor makeover

IN FOCUS
Richard Crouse
scene@metronews.ca

The adage, "The only constant is change," is only partially true in Hollywood. The list of recent movie reboots is as long as Lindsay Lohan's arrest record, and there's more on the way — we'll soon see new versions of Death Wish, Fletch and Highlander — but while the titles stay the same, the faces change.

This weekend, Peter Parker swings back into theatres, but instead of Tobey Maguire behind the familiar red-and-black-webbed mask it's Social Network star Andrew Garfield.

Not everyone is happy about the change. 1234zoomer commented on the new movie: "IS NOT GOING TO BE THE SAMEÒÒ WITHOUT TOBBY!!!," (her uppercase and spelling, not mine), but Maguire has been gracious, saying, "I am excited to see the next chapter unfold in this incredible story."

Whether the new Spidey acknowledges Maguire is yet to be seen, but at least one replacement had the manners to recognize their precursor on screen.

George Lazenby paid a tongue-in-cheek tribute to Sean Connery in On Her Majesty's Secret Service. After a wild battle to rescue Contessa Teresa (played by Diana Rigg) the new James Bond didn't get the girl. "This never happened to the other fellow," he says, looking dejectedly into the camera.

Former Bond Connery went on to co-star in The Hunt for Red October with Alec Baldwin playing Jack Ryan, a character later played by Harrison Ford and Ben Affleck.

It's rumoured that Chris Pine (who took over the part of Captain Kirk in Star Trek from William Shatner) will soon reprise the role.

The Batman franchise has also had a revolving cast. Since 1943 seven actors have played the Caped Crusader, including Lewis G. Wilson, who at 23 remains the youngest actor to play the character, and George Clooney who admits he was "really bad" in Batman & Robin.

It's not only the Caped Crusader who changes from time to time. Harvey Dent, the handsome district attorney who turns into villain Two Face has been played by Billy Dee Williams, Tommy Lee Jones and Aaron Eckhart and The Dark Knight's Maggie Gyllenhaal took over the role of Rachel Dawes from Batman Begins star Katie Holmes.

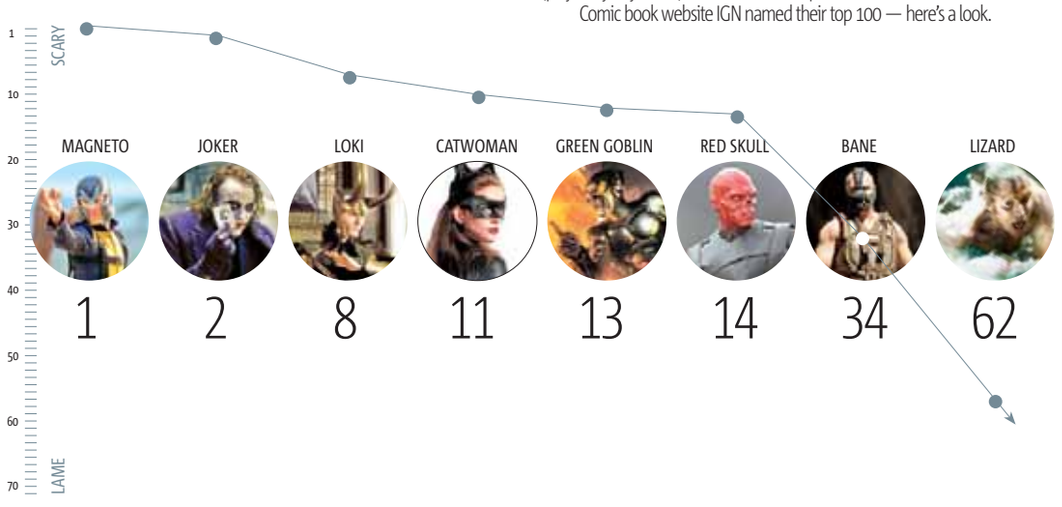
Finally, Jodie Foster's take on FBI agent Clarice Starling in Silence of the Lambs was ranked the sixth greatest protagonist in film history on AFI's 100 Years... 100 Heroes and Villains list, but when she declined to reprise the role in Hannibal, Julianne Moore stepped in.

A bit of a trend

"The adage, 'The only constant is change,' is only partially true in Hollywood. The list of recent movie reboots is as long as Lindsay Lohan's arrest record, and there's more on the way..."

HOW EVIL IS THE LIZARD?

The bad guy in The Amazing Spider-Man is a scientist turned, well, lizard (played by Rhys Ifans). How does he compare to other comic book villains? Comic book website IGN named their top 100 — here's a look.



GRACIOUS GUY
Tobey Maguire has wished the new Spider-Man luck and said, "I am excited to see the next chapter unfold in this incredible story."

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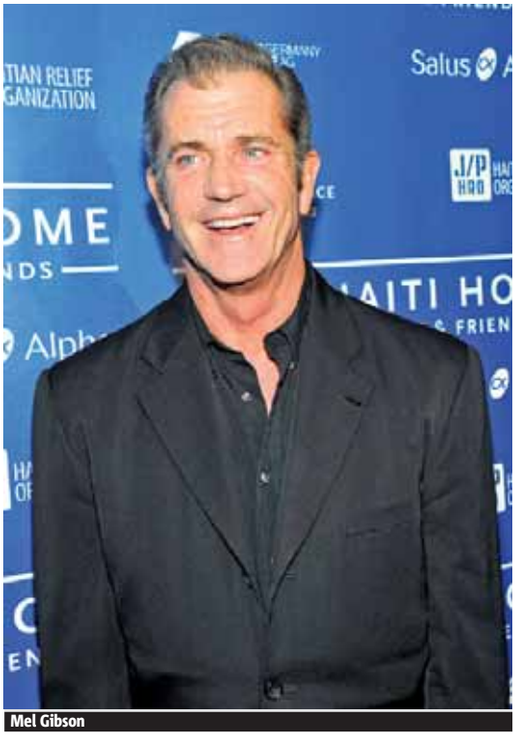
OUR TAKE ON THE WORLD OF CELEBRITIES



Mel Gibson

Gibson at odds with family member

Mel Gibson, stepmother hater? The volatile star has been accused of terrorizing Teddy Joey Hicks Gibson, who married Mel's dad Hutton in 2001. She and Mel apparently disagree on how to treat their ailing father, who has health issues, according to thehollywoodgossip.com.

"Mel began yelling and saying, 'f— this, f— that' while levelling other extremely offensive language at me," said Teddy. Mel added: "not to f— with (Hutton's) treatments."

Twitter

@amber_benson
Am annoyed that I will forever see myself backwards in every mirror that I look into.

@katyperry
I'm jet lagged but no I won't quote my own song.#jesustakethewheeltoday !

@ParisHilton
Packing for #Ibiza.#YES! Can't wait! Most magical island on earth! Loves it!

@alecbaldwin
Nothing. He quit Twitter. Again.

The Word

Jennifer Hudson sings new Lullaby

RAISHAD HARDNETT
Metro World News

When many people think of Jennifer Hudson's singing style, they think of a thunderous, room-shaking tone. But now, with her new Pampers-inspired adaptation of the classic Lullaby and Goodnight, the multi-talented performer shows a gentler, sweeter side. We caught up with Hudson last week to discuss her new lullaby recording and how she balances being a mom and a superstar.

How did you incorporate your experiences as a mom into this lullaby?
(By) imagining putting my baby to sleep: What do you want to say to your child? What do you want them to hear before they fall asleep to soothe them, to calm them down? That's why I did it. Anytime he calls me, I say, 'That's my baby.' I always tell him, 'I love your hugs, I love your kisses.' So, I really took it from being a mom, and the real experience of that.

Is it difficult balancing motherhood with your work life?
It can be. That's why I love being from Chicago and living in Chicago. After we had our son, we decided we wanted to go back home, because to me that's what keeps you grounded. That's what keeps the foundation. And then you have family there, which is what keeps something normal, at least for him. I wanted him to have as much of a normal childhood as possible, and I felt like that was the best way to do that — by going back home. And although he is always in my world and watching mommy work, and seeing daddy wrestling — that's different, that will always make him grow up different — if he still has that base, that foundation that we had growing up, then that, to us, is what's important.

What advice do you have for new parents?
I remember when I first had my baby, I wanted all the guests to go home, but I was so terrified of being home alone with him. It's natural to be terrified, but it falls into place. You just fall into it.

Katie Holmes ALL PHOTOS GETTY IMAGES

Holmes cut out of Tom Cruise's fortune

Kate Holmes filed for sole custody of daughter Suri. But one thing she won't be walking away with is tons of money, if you believe TMZ.

The site claims the stars' prenuptial agreement "cuts her out of his fortune" and a source says that's A-OK with Holmes.

"She's not about the money. She's not that girl. She loves to work," says the source. "Money is not that important to her. She makes plenty on her own."

Quoted

"She's not about the money. She's not that girl"

Source
On Katie Holmes

Speaking of which, she's still working. Yesterday, she filmed an episode of the TV series Project Runway, according to People.com—without her wedding ring on.

Alec Baldwin feeling generous

Just days after tying the knot with his yoga instructor, Alec Baldwin donated $1 million to the New York Philharmonic. The gift is in honour of outgoing President and Executive Director Zarin Mehta.

The 30 Rock actor is a Philharmonic board member and hosts its radio show, The New York Philharmonic This Week. He said in a statement Monday that Mehta made his dream of becoming part of the world of classical music come true. Mehta said Baldwin's "remarkably generous gift is just the latest in his steadfast and inspiring support" of the Philharmonic.

THE ASSOCIATED PRESS

Bieber becomes a high school graduate

Justin Bieber has officially graduated high school, making everyone feel officially old.

The 18-year-old actually finished all his exams back in May, when he told the Daily Telegraph that graduating "was something my mom really wanted me to do. I mean, this kind of lifestyle has given me a different perspective on life."

Yahoo's omg blog says his name was indeed on the official list of grads at the St. Michael's Catholic School.

Bieber was only in Grade 9 when he was discovered by Usher and a number of music labels after he had posted videos of himself singing online.

Justin Bieber

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LIFE

Travel in brief

Most Canucks plan to hit the road in summer

An online survey of more than 1,500 people across Canada finds 55 per cent plan to take a vacation this summer. The Leger Marketing poll, conducted last week and released Friday, found the average spending target for those who do plan to vacation in July or August was about $1,700. Respondents from Alberta had the highest vacation budget, averaging nearly $2,300 while Quebec residents had the lowest spending target, at just over $1,300. Canada was the preferred destination for 74 per cent of those planning a vacation.

THE CANADIAN PRESS

On the web

Midweek July Fourth means confusion for travellers, businesses; Americans seen spending less

5 ways to keep the fun in your family vacation

Evil glares at the airport security line, jam-packed yesterdays that lead to too-tired-to-take-another-step todays, and kids offering TMI to the customs officials. It's no wonder parents get the shakes at the thought of a family vacation. Trust me, I know. My husband and I just spent more than 365 days with our two sons under the age of 10 on an around-the-world trip. Sure, there were moments when my sanity was questionable, but by the time we got home we were all a little wiser about how to make sure we made it through. My hard-learned lessons are your gain. These five tips will help replace your family's whines of "are we there yet?" with, "is it over already?"

TEXT AND PHOTOS BY HEATHER GREENWOOD DAVIS
life@metronews.ca

1

Don't let stressful moments steal your memories

Where we learned it: Beijing. The mission was to meet our phenomenal guide at the Forbidden City. We should've been there by 9 a.m., but at 10 a.m., we were still standing in pouring rain trying desperately to hail a cab. When we finally found one and agreed on the exorbitantly high overcharge, we had the ride of our life. Thrilled with his windfall the driver regaled us with broken English stories that we still giggle at today. We eventually saw and were amazed by the Forbidden City but nothing compared to the taxi ride over.

2

Pack less stuff

Where we learned it: The Mekong Delta in Vietnam. Nothing will make you glad you didn't pack six pairs of shoes and three party dresses for a weekend away as a $6 deal on a lug-your-own-suitcase boat trip. There isn't a place in the world that doesn't have a laundry washing system or a place you can buy something in an emergency.

3

Ditch the routines you can

Where we learned it: Cairo, Egypt. At home the kids go to bed at 8 p.m., breakfast is at 7 a.m. and new friends are rare. On this trip? Bedtime was when they fell asleep, breakfast could include ice cream and every day there was the possibility of adding a new friend. We told the kids it was an adventure and they thrived. So much so that in Cairo, we found ourselves playing table tennis on a street corner at midnight and no one blinked an eye. It turns out kids aren't as desperate for routine as we think and sometimes the thrill of a broken routine is needed.

4

The family that stays together loses their collective minds

Where we learned it: France. We went to the Eiffel Tower twice but the kids were still itching to climb it; I was not. So we made a deal and while my husband took them to the top, I roamed the Champs Élysées. The result was a happier mom at the end of the day and a dad who knew I owed him one. (He cashed in with a boys' night out later; no questions asked.) While recharging your mojo remember to keep the self-imposed guilt to a minimum. There's nothing in the family vacation rulebook that says you aren't entitled to a vacation too.

5

Bring your phone

Where we learned it: Philadelphia. We're so connected at home that a summer vacation can seem like the perfect time to disconnect. Do it if you must but remember that it's not the phone that's the problem, it's what you do with it and how often. Our trip was changed for the better because we had access to Twitter, Facebook and YouTube along the way.

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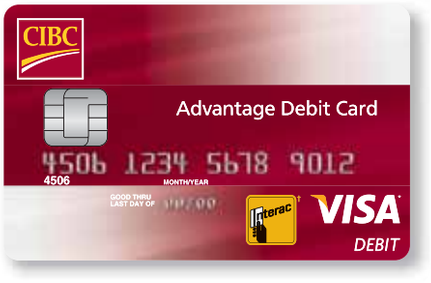

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Rome becomes romantic again with ode to the Eternal City

To Rome with Love. Woody Allen's latest film celebrates the beauty of Rome and leaves behind Italy's real-world problems

Woody Allen's newest movie To Rome with Love casts big names like Penelope Cruz, Alec Baldwin, Judy Davis and Allen himself. But there is one exceptional star: the Eternal City.

"This city is really special," says Hayley (Alison Pill) to her fiance Michelangelo (Flavio Parenti), as they stand on a terrace overlooking the Spanish Steps, one of Rome's famous attractions. "I could stand here all night, it's too beautiful."

Woody Allen's Rome is beautiful, clean and sunny, a city shining in pristine beauty with no hint of real-world problems like Italy's financial crisis. But while the movie offers an anachronistic and nostalgic postcard portrayal of Rome, Allen also goes beyond the city's best-known locations to capture the unconventional atmosphere of neighbourhoods less familiar to tourists like Sant'Angelo, Garbatella and Rione Monti.

The movie, released in Italy on April 20 and in the U.S. on June 22, opens with the imposing Victor Emmanuel II monument in Piazza Venezia. Because of its shape, the monument, inaugurated in 1911, has been given pejorative nicknames like "wedding cake" or "Mussolini's typewriter." The colossal construction has often been dismissed by locals as an unsuccessful attempt to restore classical Rome, but Allen uses it to set the stage, stationing a policeman there to introduce the city as a still and eternal witness to four stories of intrigue, love, sex and adultery.

The square is where Hayley, a young American tourist, and Michelangelo, an Italian lawyer, accidentally meet. She is looking for the Trevi fountain and he offers to bring her there. They spend the day together wandering through the city's beauty and predictably fall in love.

The central characters of the second story, Antonio (Alessandro Tiberi) and Milly (Alessandra Mastronardi), are a young married couple who just moved to Rome from a small town in the south of Italy. Milly gets lost in Rome's chaotic streets as she searches for a hairdresser to give her a less provincial look before meeting her husband's new co-workers. Her terrible sense of direction gives Allen the opportunity to show a wide area of Rome, starting with Milly's wanderings through the Piazza del Popolo, one of the city's most scenic entrances, featuring an obelisk brought by emperor Augustus after his conquest of Egypt, twin baroque churches and a marble fountain with Neptune and his Tritons.

From there, Milly walks through the Campo dei Fiori neighbourhood, asks for information at the Area Sacra (sacred area) of the Argentine, where Julius Caesar was said to have been murdered, and finally finds herself in Piazza Mattei, a small square in the heart of Sant'Angelo. According to a popular legend, the turtle fountain in the square was built in one night by Duke Mattei to conquer the heart of a young lady who lived in the palace in front of the square.

The movie shifts to the narrow and picturesque streets of Trastevere. A neighbourhood of artisans' homes and workshops since Roman times, Trastevere has in more recent decades become a fashionable district filled with restaurants, espresso bars and clubs.

Allen then switches from magnificent imperial buildings, the nostalgia-inspiring ruins seen from the Palatine, to the modernity of the Music Auditorium built by Renzo Piano in 1995, and the English gardens and neoclassical temple of Villa Borghese. He completes his vision of the city by showing the more local and unconventional locations of La Garbatella and Rione Monti.

THE ASSOCIATED PRESS

Areas featured in To Rome with Love, like the Garbatella district, may be less familiar to tourists.

Reaction

Rome not in 'love' with film

Despite Woody Allen's efforts to write a love letter to Rome, the movie was poorly received in Italy.

The local press has dismissed it as embarrassing, superficial, and not funny, and the Italian public also has given it a thumbs down, although it did well on its opening weekend at the box office as curious filmgoers checked it out.

Despite the critics, The Hollywood Reporter said it took in 2.8 million euros or $3.7 million opening weekend in Italy, making it the top-grossing film in the country.

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People crowd the main square of Rione Monti district in Rome.

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The Cyclone's birthday was marked Saturday with 25 cent rides. MARY ALTAFFER/THE ASSOCIATED PRESS

If you go...

- **Cyclone.** The wooden roller coaster is located at Surf Avenue and West 10th Street in Coney Island, Brooklyn. Take the F or Q train to the West 8th Street-New York Aquarium stop. Rides, $8. Parking in the New York Aquarium lot, $13. Also, remember to secure your personal items. The turbulence is sometimes so forceful that passengers have seen personal belongings fly out of their pockets. Lost items range from the typical — keys, wallets and cellphones — to the more obscure, like dentures, wigs and underwear.

The Cyclone makes a 95 km/hr plunge. MARY ALTAFFER/THE ASSOCIATED PRESS

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Coney Island's Cyclone marks 85 years of thrills and chills

Roller coaster.
It takes a team of maintenance workers to keep this New York City icon in operation

The ride begins with two train cars, filled with as many as 24 passengers, cautiously trekking up a hill of wooden tracks. The rattle of the ascent slowly grows louder. As the cars reach the coaster's 85-foot peak, there's a short pause — followed by a swift 95 kph plunge to the bottom that has made stomachs churn and eyes water since Calvin Coolidge was in the White House.

Such a timeworn ride requires a great deal of attention to ensure the safety of its passengers, say workers responsible for the Cyclone, the 85-year-old New York City landmark and international amusement icon that was feted Saturday with a birthday party including 25-cent rides — the same price they were on its debut on June 26, 1927.

"It takes a lot of work to run a very old roller coaster," said Valerio Ferrari, president of Central Amusement International, which operates the coaster.

Each morning beginning at 7 a.m., maintenance workers hike the coaster's tracks along the walk boards in search of damaged wood and loose bolts. The cars, which are originals from 1927, are dismantled every winter before they undergo nondestructive testing and are reassembled.

The Cyclone may not be the oldest or tallest coaster in the nation. But it became a worldwide symbol of America's emerging leisure class in the early 20th century.

Towering above Coney Island's boisterous boardwalk at the corner of Surf Avenue and West 10th Street in Brooklyn, the Cyclone went up after brothers Jack and Irving Rosenthal invested $175,000 to build a dynamic new coaster that would satisfy the demand for more attractions in the area.

The result was a ride that included 2,640 feet of track, 12 drops and 27 elevation changes. For a minute and 50 seconds, passengers aboard the Cyclone were jerked from one edge of their seat to the other, as the coaster would slow around the bends before heaving its riders down steep dips.

This was all done by design, said Jennifer Tortorici, the Cyclone's operations manager.

"It's 2,640 feet of track, so if it wasn't slow in certain areas, the cars would wind up on the beach somewhere," she said.

Safety issues have at times dogged the Cyclone. A worker died on the ride in 1985, Tortorici said, and in 2008, the family of a California man who died after fracturing his neck on the ride sued the city for failing to keep the coaster safe. A Law Department spokeswoman said the city has been indemnified and the case is pending.

The city's Buildings Department conducts safety inspections up to three times a season, according to spokeswoman Ryan FitzGibbon.

THE ASSOCIATED PRESS

With the 'Carte Isabelle,' summertime visitors can travel the train route along the French Riviera for roughly $15. It's a cheap way to tour the coastline, but how many stops can you reasonably fit into a day on the route between Frejus in the west and Ventimiglia, just across the border in Italy? Let's count...

EMMA E FORREST, METRO WORLD NEWS
life@metronews.ca

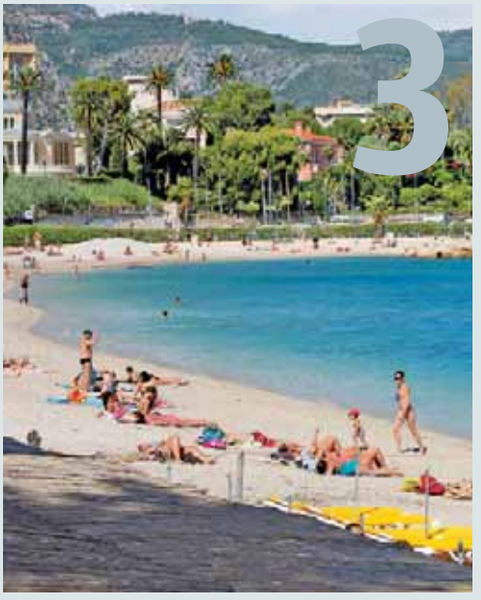
4 must-sees along the Cote D'Azur

1 Head to the market

The first train of the day sets off at 5:30 a.m. but we begin our day at a more civilized 9 a.m., with a fortifying croissant and a 10-minute trot from the station to the promenade in the town of Menton. Close to the border, the old part of this Italianate town is a warren of cafés and ice cream shops, and the covered market, where we have a coffee at the counter of the 'Café du Marche' before perusing the local produce: Menton's famously fragrant lemons, courgettes with saffron-coloured flowers still attached and piles of red, black and golden tomatoes. Across the road we admire the works in the seafront museum dedicated to artist Jean Cocteau.

2 Pick out your (fantasy) yacht

Two stops along we arrive in the gleaming subterranean station of Monaco Monte Carlo and weave our way down the harbour to ogle the world's most expensive yachts. From there it's back up the hill to the Casino Monte-Carlo where tourists take photos of each other in front of the Lamborghinis and Ferraris parked outside. It's a stroll round to the beach at Larvotto, where we tuck into lunch at pizza restaurant La Spiaggia.



3 Stroll the beach

After lunch we head back to the station and 10 minutes later we alight at Beaulieu-Sur-Mer, an elegant town with belle époque buildings and manicured gardens as well as Villa Kerylos, a replica of a second century BC Greek villa created by millionaire Theodore Reinach in the early 1900s, which is just two minutes' walk from the station. After admiring the columns in the villa's courtyard, its octagonal bath and second century BC cockerel mosaic, we stroll to the beach, lay our towels down and take a dip in the Mediterranean Sea. There's time for a glass of wine under the orange parasols at the beach café, La Calangue.

Enjoy the harbour

Villefranche-sur-Mer is home to one of the deepest natural harbours in the Med. It's a charming old town that steps up from a picturesque main square overlooking the port. We arrive just in time to visit Jean Cocteau's fish murals in the tiny Chapelle de St-Pierre chapel before the 7 p.m. closing time, then claim a great table in the town square outside the trendy Le Cosmo restaurant. As we watch the sun set over the boats, we sip a cocktail and reflect on our day. Not only did our rail pass save us money, but enabled us to see far more than we might have otherwise have done.

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Johannesburg — for free!

If you've blown your budget on a flight to South Africa, fear not. There's plenty to do in this city for those without any rand.

THE ASSOCIATED PRESS

It may be the City of Gold, but you don't have to be a rand lord — as the men who grew rich off the area's rand, or reef, of gold were known — to enjoy Johannesburg.

South Africa's economic hub has lots to offer for free, including a worthwhile glimpse of several institutions — courts and the library — that might not be on the typical list of tourist attractions.

Free to look

As you'll hear from many a hawker at the Sunday crafts market in the parking garage at Rosebank Mall in northern Johannesburg, looking costs nothing. How much you spend will depend on your willpower when surrounded by so much that is creative and clever, in beads and wood, wire and cloth, recycled cans and billboard vinyl. And not just from South Africa, but from across Africa and beyond.

Free and green

Johannesburg is known for its parks and gardens, and it claims to be home to one of the world's largest man-made forests. You can get a sense of that at Emmarentia Dam in northwestern Johannesburg, a favourite for dog walkers, as seen in park-pond reflection, left, and weekend picnickers. Also free is the adjacent Johannesburg Botanical Gardens, which has roses, indigenous herbs, Shakespearean and succulent gardens, plus terraced ponds and fountains.

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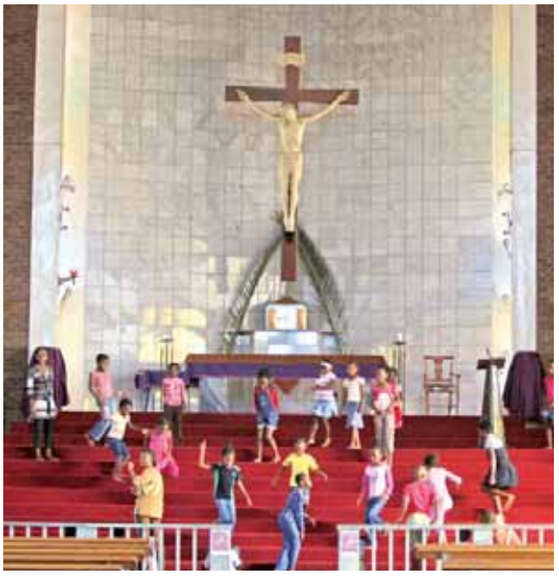
Free and legal

South Africa has among the world's most liberal constitutions, adopted in 1996, two years after apartheid ended. It explicitly bans unfair discrimination on the basis of race, gender, sex, pregnancy, marital status, ethnic or social origin, colour, sexual orientation, age, disability, religion, conscience, belief, culture, language and birth. Complex cases on a wide range of subjects are heard before South Africa's highest court, the Constitutional Court. Visitors can hear judgments in the court's public gallery for free.

Free and literary

Renovations were recently completed at the main Johannesburg Public Library, on a central downtown square. The 78-year-old building's parquet floors are gleaming, as are the brass handles on its towering doors. Slip inside and join the students tapping on their computers or reading in the gallery over the main reference room. Or visit the room devoted to art books, where an exhibition of drawings and paintings by library users changes monthly.



Free and spiritual

Regina Mundi, a Catholic church known as "the people's cathedral," was a centre of anti-apartheid protests and funerals in Soweto, the famed township southwest of Johannesburg that was once home to Nelson Mandela. The church's fine choir, which sang for First Lady Michelle Obama when she visited earlier this year, can be heard at Sunday services. High Mass starts at 9 a.m. No admission is charged, but contributions are accepted to help with maintenance.

Turks and Caicos isn't just an island, it's a resort. As in the whole thing is owned by a hotel

PAT HEALY
life@metronews.ca

4 reasons to hit Turks and Caicos

1 Accommodation

Even when Parrot Cay is at capacity, it still feels empty as you walk miles of sugary beach.

Staying there is not exactly cheap, but the rates are at their lowest right now through November (triple-digit temps are the norm during this part of the year, and hurricane season comes in early fall).

As for the prices, the lowest tier are the veranda rooms and suites. A garden-view room starts at $500 per night and can easily accommodate a couple and two small children.

The next tier, beach houses and villas, start at $2,000 per night.

2 Activities

Whether it's the pervasive calming aroma or focus on wellness, most of Parrot Cay's employees exude a chilled-out vibe.

You won't see any large signs with rules telling you what not to do, like at some other resorts. You don't even have to sign out the free aquatic gear you use — but if you need instruction on how to use a paddle board, windsurfer or catamaran, the staff is there to assist.

3 Wellness

Celebrity cachet is merely a by-product of Parrot Cay's main attraction: the resort's focus on wellness.

The owners have harnessed the island's natural therapeutic powers — and by placing spa buildings on high vantage points that overlook the ocean, they celebrate its serene landscape.

Whether you're practicing yoga or indulging in a massage — the resort has elaborate choices for each — your line of vision is nothing but verdant mangrove and turquoise ocean.

4 Cuisine

Parrot Cay's elaborate wellness program extends to the cuisine at Parrot Cay.

In addition to a regular menu, which features plenty of decadent choices that you'd hope for on vacation, the restaurants offer what they call a Como Shambala menu.

This alternate delivers healthy options that don't preclude deliciousness.

For breakfast, try the sweet corn hotcakes with smoked salmon, avocado, roast tomatoes and cottage cheese.

There's no pressure to participate in any of the wellness agenda; it's just a means by which to achieve relaxation, which is easy to do here with or without it.

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Road rage? Why not rent a tank and smash a few cars?

Channeling Rambo. Just a short drive from Minneapolis exists a place where Cold War surplus vehicles can be hired for the day

For anyone who ever has been stuck in traffic, it's a tempting fantasy: If only you were driving a tank and could roll over everything in your path.

Some drivers are now flocking to an out-of-the-way spot in southern Minnesota to turn that vision into metal-crunching reality.

A business named Drive-a-Tank offers drivers the chance to pilot surplus military tanks and other armoured vehicles around an old limestone quarry and smash junk cars like an action movie hero.

The ride is loud, grinding, hot and dirty — ideal for satisfying one's inner Rambo.

"It was awesome. I mean, controlling that machine, it's incredible," said Jacob Ostling, 19, of New Canaan, Conn., among the customers who took a turn under the turret on a recent Saturday and flattened a car in an explosion of glass.

Owner Tony Borglum, a construction and heavy equipment contractor, opened the tank park three years ago after seeing similar attractions during a visit to England. He said he knew it would fit nicely into American culture — a more visceral version of what millions of guys are doing in video games anyway.

He began buying up old Cold War-era surplus and now has 11 armoured vehicles available for use on a 20-acre site near this town 80 kilometres southwest of Minneapolis.

Customers spend hours churning up and down a hilly, wooded course, getting a firsthand sense of what armoured warfare might be like.

Borglum said his tank park wasn't the first in the United States but he knows of no others still operating. Event co-ordinator Kessa Baedke said more than 600 packages have been sold this year.

THE ASSOCIATED PRESS

If you go...

- **Drive a Tank.** driveatank.com or 507-931-7385. Located in Kasota, Minn., about 80 kilometres southwest of Minneapolis. Open several days a month; often fully booked ahead of time. Package that includes driving a tank and shooting a machine-gun, $399. Additional $549 to smash a car.

Drive a tank around a mile-long dirt course and crush a car — all for around $550. JEFF BAENEN/THE ASSOCIATED PRESS

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Casting your net and making it work: Turn all your meetings into magic

Social secrets. A step-by-step guide to turning a handshake into 'you're hired'

JELEEN YU
TalentEgg.ca

For most people, networking is pretty much a necessary evil. For Piotr Makuch, it's a little closer to crazy.

"The idea that people should go and network is insane," says the fourth-year Ryerson University student.

It's a radical thought for someone in his position, but not for the reasons you might think. As an online marketer and vice-president of external communication for Students in Free Enterprise (SIFE), Piotr regularly interacts with people, both in person and online.

Unlike most, though, he considers every moment and meeting — chance or planned — an opportunity to make a meaningful connection. He suggests looking at networking not as a work-related requirement, but as a way of life.

Ready-to-go versions

"We only call it 'networking' when someone with a job shows up; the rest of the time, it's just a conversation. But that shouldn't be the case, because every moment is a networking opportunity."
Piotr Makuch

"We're actually always networking without knowing it," the sociology major explains. "We only call it 'networking' when someone with a job shows up; the rest of the time, it's just a conversation. But that shouldn't be the case, because every moment is a networking opportunity."

Here, Piotr shares his advice for job seekers looking to navigate the often-murky waters of the networking world, including his three-step method to getting the most out of every interaction, whether personal or professional.

Feeling a little puzzled? Don't overcomplicate your conversations. Keep them light, yet focused. ISTOCK

Step 1: Plan

Goals are important. Even if you aren't sure of what you want, it's important to have a sense of direction to keep you focused. Planning will make any conversation easier because you'll have a sense of where you want the conversation to eventually end up.

Never underestimate the fundamentals. Networking is about connection and you can't do that until you're able to answer the question of who you are and what you're about in a direct and concise manner. Master and own your elevator pitch. If you don't know what you want, no one else will either.

Step 2: Interact

Networking is like dating. You want to get to know the other person in a short amount of time, so make sure to pose plenty of the right questions. Your needs will define the questions that you ask, and the conversation will be shaped by what you choose to talk about. Make sure to take away at least one unique point from every person you meet so you can start the conversation again outside the immediate context.

During the conversation you should be reflecting everything back at the person to get to know them better. That way, you're never talking about one thing for too long, and the conversation will just flow naturally. Maintain a light — but focused — conversation.

Step 3: Follow up

Think of the follow-up as a continuation of that first encounter — your approach will be defined by how the original conversation went. Use the key points you took earlier to remind your contact of who you are and what you both talked about, and keep the message consistent with your goals. As a rule of thumb, make sure to send your note within 24 hours. Keep your online life in line

More conversations are happening online, professionally through LinkedIn and more casually through Twitter and Facebook. Make sure your online presence is in order and ready for those opportunities when they arrive.

JELEEN YU IS A WRITER AND EDITOR FOR THE NEWSLETTER OF A NON-PROFIT MICROFINANCE ORGANIZATION IN THE PHILIPPINES CALLED KFI (KAALALAY FOUNDATION, INC.).
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Student Voice

Mind your own business!

Barbori Streibl
Student
Bachelor of Fine Arts in Painting and Drawing
Academy of Art University
TalentEgg.ca

Being a post-secondary student certainly has demanded (and still does) a lot of my time, energy, and concentration.

However, starting my own business while still in school has definitely been worth the extra time, energy and concentration that I have invested into starting my own company, BG Mountain Studio, in September 2010, and co-founding Sunny Bay Arts with my mom in January 2011.

I feel that by starting my own business, I will have a well-established business and a guaranteed job to work at after I finish my degree. Starting my own business has taught me many things along the way, which are all skills that I can use in any job that I may have in the future.

Where I am now

I am currently a full-time student in my last year of a Bachelor of Fine Arts program majoring in painting and drawing. In addition to being a full-time student, I work part-time for both Sunny Bay Arts, which I co-own, and for BG Mountain Studio, which I own.

My recommendations for employers

Career centres and schools should offer two or three-hour seminars every few months which would show students the steps to take to start and set up their own business. Inviting small business owners to present these seminars would be a great way for students to ask questions directly and learn from someone who has set up their own business.

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Program	Campus
English as a second language (ESL)	
Wednesday, July 4, 10 a.m. – room 5025	Broadway
Wednesday, July 11, 6 p.m. – room 1227	Broadway
Hospitality management diploma	
Saturday, July 7, 11 a.m. – room 420	Downtown
Wednesday, July 18, 6:30 p.m. – room 420	Downtown
Transportation trades	
Tuesday, July 10 & 17, 11 a.m. – lobby, building B	Broadway
Teaching English to speakers of other languages (TESOL)	
Tuesday, July 10, noon – room 518	Downtown
Social media/public relations	
Tuesday, July 10, 4 p.m. – room 419	Downtown
Baking and pastry arts	
Wednesday, July 11, 10:30 a.m. – room 216	Downtown
Medical transcriptionist	
Wednesday, July 11, 5 p.m. – room 2213	Broadway
English for professional advancement (EPA)	
Wednesday, July 11, 2:30 & 5 p.m. – room 235	Downtown
Culinary arts and Asian culinary arts	
Friday, July 20, 9:30 a.m. – room 112 (Theatre)	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **vcc.ca** or call **604.871.7000**.

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Channel a summer's day at your own desk

It's July and eerily quiet in the office. Your cubicle neighbour took off to the cottage and is sure to return relaxed and a full shade darker. You stare wistfully out the window and wish you could be out enjoying the sun. To keep motivated when you're cooped up indoors, consider these helpful tips.

NEWS CANADA

1 Brighten someone's day

Bake cookies for your fellow sunshine-deprived colleagues. It will be the perfect pick-me-up for long afternoons and may even start a trend of sharing homemade goodies around the office for the summer. You can also make someone smile overseas by sponsoring a child with an organization like Christian Children's Fund of Canada (ccfcanada.ca), you can help change the life of a child living in extreme poverty.

2 Ask for flexible hours

See if your employer will allow you to come in to work earlier so you can leave earlier and enjoy the summer weather. Or ask to work longer hours during the week so you can have Friday afternoons off.

3 Get out there

Pick a parking spot further away from the front doors so you'll spend more time walking outside. At lunch, go out with colleagues or picnic on the grass. Try to schedule meetings outside or at a nearby park if possible.

4 Be thankful

Though it's no fun to be staring at a computer when it seems that everyone is out soaking up the sun, remember that the job market is tough and being employed is worth celebrating. Besides, you can save up your vacation days and enjoy time off during non-peak seasons — meaning less crowds and less cost.

Chicken with Curry Sauce turns up heat

Grilled Chicken with Creamy Curry Sauce

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 cup chicken broth
- 1 small onion, quartered
- 1/2 head garlic, cloves peeled
- 1-inch chunk fresh ginger
- 1-inch chunk fresh turmeric
- 2 sprigs fresh curry leaves
- 2-inch cinnamon stick
- 1/2 tsp cumin seeds
- 1/2 tsp black peppercorns
- 1/4 tsp ground coriander
- 1 tsp salt
- Juice of 1/2 lemon
- 1/4 cup honey
- 1 1/2 lbs boneless, skinless chicken thighs
- 1 cup low-fat sour cream

1. In a blender, combine the chicken broth, onion, garlic, ginger, turmeric, curry leaves, cinnamon stick, cumin seeds, peppercorns, coriander, salt, lemon juice and honey. Puree until very smooth. Transfer a third of the mixture to a small saucepan and set aside.

2. Pour the remaining mixture in a large zip-close plastic bag. Add the chicken thighs, then seal the bag and gently massage to ensure all of the meat is coated by the marinade. Refrigerate for at least 30 minutes, or up to overnight.

3. Meanwhile, set the saucepan of reserved marinade over medium heat. Bring to a simmer and cook until reduced and quite thick, about 10 minutes. Set aside to cool.

4. When ready to cook, heat the grill to medium-high. Coat the grates with oil using an oil-soaked paper towel grasped with tongs.

5. Remove the chicken from the marinade. Discard the marinade. Place the chicken on the grill and cook for 6 to 7 minutes per side, or until the meat reaches 165 F.

6. While the chicken cooks, in a small bowl combine the reserved marinade and the sour cream. To serve, drizzle sour cream mixture over the chicken. THE ASSOCIATED PRESS

Andy Murray serves against Marin Cilic of Croatia Tuesday at Wimbledon. CLIVE BRUNSKILL/GETTY IMAGES

Great expectations for Britain's Murray

Wimbledon.
It may finally be Andy Murray's year after easy win against Cilic, exit of Nadal

The lofty expectations placed on Great British Hope Andy Murray every year at Wimbledon ramped up several notches following Rafael Nadal's surprising exit.

So far, Murray is coping pretty well.

Even when dealing with a rare venture away from Centre Court, the fourth-seeded Murray easily dispatched Marin Cilic between rain showers in the round of 16 on Tuesday, showing no sign of the increased pressure he has been under since Nadal opened up the bottom half of the draw by losing to the unheralded Lukas Rosol in the second round on Thursday.

Murray was given a standing ovation by a jubilant Court One crowd after his 7-5, 6-2, 6-3 victory over Cilic, who won the grass-court Queen's Club title in the run-up to Wimbledon.

Murray is now just two wins away from becoming the first British man to reach the final at the All England Club since Bunny Austin in 1938. Next up is a quarter-final match against seventh-seeded David Ferrer, who reached Wimbledon's last eight for the first time with a victory over 2009 U.S. Open champion Juan Martin del Potro.

Given the domestic hype surrounding Murray, it promises to be the standout match of the four all-European quarter-finals Wednesday.

Also on Tuesday, Florian Mayer of Germany beat Richard Gasquet to set up a match against top-seeded Novak Djokovic.

Germany will have two players in the quarter-finals after Philipp Kohlschreiber beat Brian Baker, ending the American's remarkable run at his first Wimbledon. Kohlschreiber will play fifth-seeded Jo-Wilfried Tsonga of France, while the other quarter-final will be No. 3-ranked Roger Federer against Mikhail Youzhny — who both had time to complete their wins Monday before rain stopped play in the other five fourth-round matches.

THE ASSOCIATED PRESS

Women's results

- Serena Williams ousted defending champion Petra Kvitova to reach the Wimbledon semi-finals. She will face second-ranked Victoria Azarenka.
- Agnieszka Radwanska will face Angelique Kerber in the other semi.

Tour de France

Sagan wins third stage, Cancellara still holds lead

Pumping his arms in victory, Peter Sagan of Slovakia won the crash-marred third stage of the Tour de France on Tuesday as the race returned home.

Fabian Cancellara of Switzerland remained the overall leader for a fourth straight day. The cyclists, who opened in Belgium, completed a 197-kilometre ride from Orchies that featured five small climbs to an uphill finish in the fishing port of Boulogne-sur-Mer. THE ASSOCIATED PRESS

Peter Sagan GETTY IMAGES

Boxing

Pacquiao loss deemed legal

Nevada's state attorney general found nothing illegal or criminal in Manny Pacquiao's controversial split-decision loss to Timothy Bradley in a welterweight title fight last month in Las Vegas, according to a letter made public Tuesday.

Interviews with the referee of the June 9 fight, two Nevada Gaming Control Board officials and state Athletic Commission director Keith Kizer turned up no evidence of wrongdoing, state Attorney General Catherine Cortez Masto said in the letter to Top Rank chief executive Bob Arum.

THE ASSOCIATED PRESS

NHL. Jagr signs $4.55M deal with Dallas Stars

Jaromir Jagr could be the next big thing in Texas.

The unpredictable winger landed in an unexpected destination, signing a $4.55-million US, one-year deal with the Dallas Stars on Tuesday. Even at age 40, Jagr arrives with big expectations after putting together a 54-point season in Philadelphia following a three-year hiatus in Russia.

"Jaromir Jagr is, without a doubt, one of the best players in the history of this league, and he demonstrated last season that he remains incredibly skilled, productive and valuable," Stars general manager Joe Nieuwendyk said in a release. "We see him fitting into our top-two lines and contributing heavily to our offensive attack."

Jaromir Jagr GETTY IMAGES

THE CANADIAN PRESS

NBA

Deron Williams sticks with Nets

Deron Williams is staying with the Nets.

The all-star point guard said on his Twitter page Tuesday that he "made a very tough decision today" and posted a picture of the new team logo that accompanies the Nets' move from New Jersey to Brooklyn.

A person with knowledge of the decision said Williams told the team he's accepting their five-year contract worth $98 million US. Williams chose to stay with the Nets over signing with his hometown team, the Dallas Mavericks.

THE ASSOCIATED PRESS

NHL. Devils re-sign Salvador for three years

Defenceman Bryce Salvador, a key cog in New Jersey's run to the Stanley Cup final, re-signed with the Devils on Tuesday. Salvador, 36, received a three-year deal, worth $9.5 million US.

Teamed up with Marek Zidlicky, a mid-season acquisition from Minnesota, Salvador found his groove in the playoffs as the Devils defeated the Panthers, Flyers and Rangers en route to their first Eastern Conference title since 2003. He finished second in post-season scoring among defencemen.

New Jersey, a No. 6 seed that went 14-10 in a surprising post-season run, has brought back Martin Brodeur and Johan Hedberg in net.

They also locked up the entire fourth line — a makeshift group that found spring success and featured Ryan Carter, Steve Bernier and Stephen Gionta — as well as defenceman Peter Harrold, who was in and out of the lineup during the four playoff series.

THE ASSOCIATED PRESS

By the numbers

14

Bryce Salvador had four goals and 14 points in the post-season after a regular season in which he failed to find the net once.

4 SPORTS

Quoted

"I'm gonna be a kid in a candy store carrying four other kids in a candy store."

Atlanta's Chipper Jones, who said he immediately thought about his children when he was told by Braves general manager Frank Wren on Tuesday that he would replace Dodgers outfielder Matt Kemp on the NL all-star roster. Jones had been a candidate to be voted onto the team by fans in baseball's Final Vote campaign. Instead, Jones, 40, is replacing Kemp, who is on the disabled list with a hamstring injury but plans to participate in the all-star home run derby.

Mobile news

NFL commissioner Roger Goodell shot down appeals from four players suspended in connection with the league's bounty investigation of the New Orleans Saints on Tuesday. Scan the code for the story.

Robson ready for MLS action

MLS. Scottish midfielder says he has 'plenty in the locker to offer' as Whitecaps travel to Colorado

Barry Robson's long wait is about to end.

The star Scottish midfielder will suit up for his first game with the Vancouver Whitecaps on Wednesday as they visit the Colorado Rapids.

Robson, who has 17 caps for Scotland's national team, signed with Vancouver in February but had to complete the English Premier League season with Middlesbrough. Then he had to wait until an international transfer window opened June 27 before he was eligible to play in Major League Soccer.

"It's been hard for me to see as many games as I would like to," Robson said. "We'll see them quite quickly."

The Whitecaps (7-4-5) are aiming to put out a strong effort after bowing 3-0 to the Los Angeles Galaxy last week. Vancouver was never really in the road game as Galaxy stars Robbie Keane and David Beckham worked some on-field magic.

The Whitecaps will attempt to get back on track with a second win against the Rapids (7-8-1), who they defeated 1-0 at BC Place on June 16.

Robson brings European experience to the Whitecaps. In addition to Middlesbrough, which wanted him back, he has starred for Glasgow Celtic and Dundee United while playing in such major competitions as the UEFA Cup and Champions League.

He expects MLS to be slower than what he is used to overseas, but still expects to be able to handle himself well.

"I've never had to rely on pace," said Robson, 33. "I've never been lightning-quick, but there's still plenty in the locker to offer, and we'll see how it goes."

Robson is comfortable playing in any part of the midfield. He has not taken his insertion in the lineup for granted because the Whitecaps went unbeaten in four games before their loss to L.A.

Vancouver is looking to Robson to upgrade a midfield that has been decent but rarely dominant with John Thorrington, Gershon Koffie and Davide Chiumiento among the most reliable. Coach Martin Rennie wants Robson to provide goals that other midfielders have been unable to muster.

"We haven't scored too many goals from midfield and, right now, I think it's important to add that to our game," Rennie said.

Robson scored nine goals in league play for Middlesbrough in 2011-12, his second and final season with the EPL club. He had five in his first campaign.

Koffie is the only pure midfielder who has scored this season, and only once.

Rennie has indicated that Robson will play a prominent role whether he starts or comes off the bench.

THE CANADIAN PRESS

Middle of the action

Barry Robson's readiness is timely with Vancouver missing midfielders John Thorrington (injury) and Jun Marques Davidson (suspension).

Barry Robson signs autographs outside of BC Place on June 28 before a Whitecaps game against the New York Red Bulls. JESSICA HAYDAHL/GETTY IMAGES

Quoted

"We'll see how the game goes. It's not about one player. It's about the whole team. Let's hope we can get a result."

Barry Robson on his Whitecaps debut in Colorado. Vancouver fans will have to wait before they can see Robson in action at home. The Whitecaps are in the midst of a five-game road trip.

Raptors' return to relevance rests in Nash's hands

Steve Nash with the Suns in April. CHRISTIAN PETERSEN/GETTY IMAGES

With NBA observers handwringing over the days-old Steve Nash repatriation watch, this much is known: If the Victoria-raised superstar point guard chooses to don Toronto Raptors red next season, the sentimental impact will be enormous.

In Nash, the Raptors would not only add a two-time NBA most valuable player and eight-time all star, but a member of the Order of Canada and the newly minted general manager of Canada's senior men's basketball team.

Should Nash, 38, sign with the Raptors, his star value and stature as a local hero would almost certainly drive new or renewed interest in a flounder-ing Raptors franchise.

"There are certain people in the marketplace that will all of a sudden start to watch basketball or buy a jersey because Nash is on the Raptors that would not have otherwise," said Norman O'Reilly, a University of Ottawa sports-business professor.

The Raptors reportedly offered Nash a three-year, $36-million contract earlier this week, but face competition from the New York Knicks and Brooklyn Nets.

The storyline — Western Canadian boy comes home to the Raptors — would likely pique interest nationwide, drawing viewers coast-to-coast.

TORSTAR NEWS SERVICE

Narrowing the Fields?

The Raptors reached a verbal agreement on an offer sheet with restricted New York Knicks free-agent guard Landry Fields on Tuesday.

- The Raptors can't make the offer sheet official until July 11, at which point the Knicks would have three days to match.
- Fields was reported by several media outlets to be part of a sign-and-trade deal between the Knicks and the Phoenix Suns for Steve Nash. THE CANADIAN PRESS

NHL

Coyotes' MacLean hospitalized

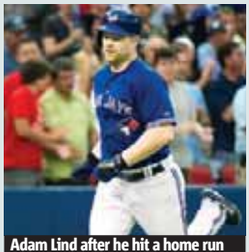
Brett MacLean of the Phoenix Coyotes has been admitted to hospital after suffering a cardiac emergency. The team said Tuesday that the forward suffered a medical emergency while playing hockey Monday in Owen Sound, Ont. THE CANADIAN PRESS

MLB

Lind launches Blue Jays offence

Adam Lind hit a three-run homer and left-hander Brett Cecil pitched six strong innings as the Toronto Blue Jays defeated the Kansas City Royals 6-3 on Tuesday.

THE CANADIAN PRESS



Adam Lind after he hit a home run Tuesday in Toronto. THE CANADIAN PRESS

NBA

Cavaliers interested in former Trail Blazer Roy: Source

Brandon Roy wants to make a comeback, and the Cavaliers may give him a chance to do it with them.

The Cavs are interested in the former Portland Trail Blazers star, who abruptly retired before last season because of chronic knee pain. A person familiar with Cleveland's interest told The Associated Press on Tuesday that the Cavaliers have not spoken to the 27-year-old or set up a visit with him. The person spoke on the condition of anonymity because the sides are only in preliminary discussions.

THE ASSOCIATED PRESS

CFL

Durant named top offensive player

Darian Durant's big game against Hamilton earned the Saskatchewan quarterback offensive-player-of-the-week honours. Durant completed 25 of 34 passes for 390 yards and four touchdowns in the Riders' 43-16 win. THE CANADIAN PRESS

Altima finally gets a makeover

ALL PHOTOS WHEELBASE

Active Understeer

On the road, the Altima uses Active Understeer Control. During turning, light braking is applied to the inside wheel to counteract the natural tendency for the car to continue in straight line.

Also assisting is Nissan's Easy Fill Tire Alert that was initially installed in the Quest minivan.

Interior

The interior offers about the same passenger and trunk volume as before, but a concerted effort was undertaken to replace or recover hard-plastic surfaces with soft-touch materials. Another area of focus was noise reduction, achieved by adding more sound-absorbing materials around the car.

2013 Nissan Altima

- **Type.** Four-door, front-wheel-drive mid-size sedan.
- **Engine (hp):** 2.5-litre DOHC I4 (182); 3.5-litre DOHC V6 (270).
- **Mileage:** L/100 km (city/hwy) 7.4/5.0 (2.5).
- **Base Price (incl. destination):** $25,300.

Engine

The base 2.5-litre four-cylinder's output has notched up to 182 horsepower from the previous 175 due to a new valve train. An all-new continuously variable transmission offers fewer moving parts (reducing friction) and electronic-control improvements so that it more closely mimics a traditional multi-speed automatic.

Nissan has reduced the Altima's overall weight by about 33 kilograms.

Review. The Altima reset the bar for the family car back in 2002. Look what a decade has done

MALCOLM GUNN
Wheelbase Media

First impressions are often lasting ones, and for new-car buyers they can also make the difference between closing the deal right then and there or searching elsewhere.

Where the 2013 Nissan Altima is concerned, most shoppers' reactions will be, "Whoa!"

The outgoing Altima that has been around since the 2007 model year was certainly no mutt, but the new car really shows that its best-before date has come and gone. The mid-size sedan presents a graceful face, with a grille and headlight pods that almost appear to melt into the stylish fenders. The windshield pillars have a bit more rake to them to help reduce aerodynamic drag.

At the opposite end, the knife-edge-style tail lights neatly encircle the fenders and the trunk lid's spoiler is integrated as part of the sheet metal. Viewed in profile, the Altima doesn't appear significantly changed, but the fancier chrome door handles and similarly coated trim pieces throughout attest to the car's more glamorous presence.

The base 2.5 model's pricing begins at $25,300 (including delivery to the dealer) and includes all the usual bells and whistles. From that point, S, SV and SL models pile on the content, but can add more than $9,000 to the base price with luxuries such as heated front seats leather interior, heated steering wheel and a power moonroof.

The Altima's impressively restyled sheet metal and interior appointments, matched with seriously improved fuel economy, serve notice that this Nissan has what it takes get your attention.

"Whoa," indeed.

If you recall, Nissan/Infiniti began offering "self-healing" exterior paint. More unusual technology follows as the company has "zero gravity" front seats for the Altima that reduce pressure on the spine and improve blood flow. Of course, NASA was the influence.

Remember when taillights were on the back of a car and the headlights were on the front? With the right curves and thoughtful integration of chrome, the Altima can finally be called a pretty car.

By comparison

1 Toyota Camry
Base price: $25,200

2 Volkswagen Passat
Base price: $25,500

3 Ford Fusion
Base price: $22,500 (est.)

5 DRIVE

Top Gear

Two-bucket solution

Grit Guard is introducing its colour-coded Dual-Bucket Washing System to its cleaning products lineup. The black bucket contains only clean wash solution, so after dunking your wash mitt and washing for a bit, you then rinse the mitt in the red bucket. Dunk the mitt back into the black bucket for more washing solution, etc. Both buckets feature Grit Guard's removable inserts that keep the washed-off crud at the bottom of the bucket, reducing the possibility of paint scratches or swirl marks. The buckets sit in their own dollies with casters and have individual lids. A seat cushion included with the kit converts one bucket into a handy stool. The Dual-Bucket System sells for $130 US and is offered directly from gritguard.com.

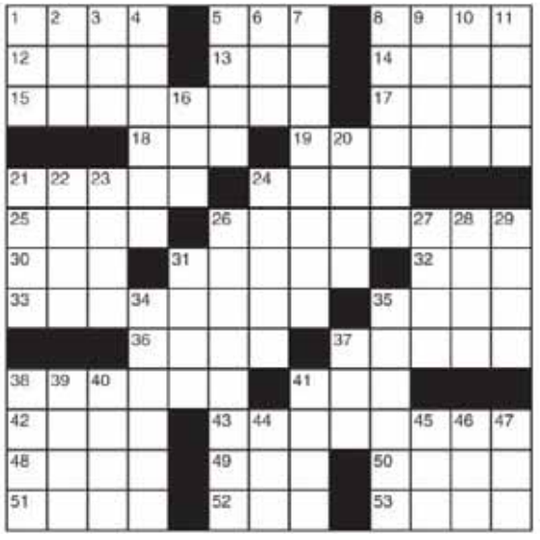
WHEELBASE

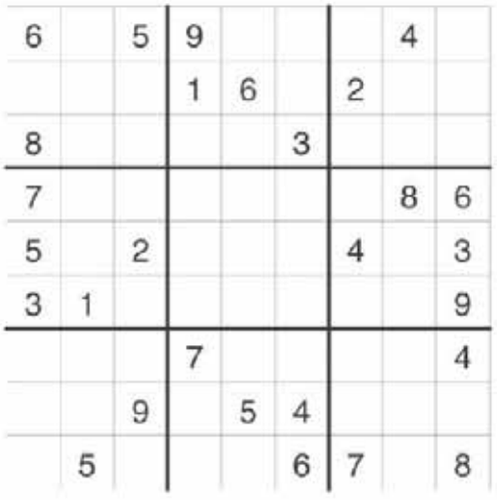
On the Web

Scan code for more car reviews and news

Across
1 Lovers' quarrel
5 Badly illuminated
8 Georgetown athlete
12 Head light?
13 Addressee
14 Idolaters' poetry
15 Pachyderm
17 Staff member?
18 Cacophony
19 Spain and Portugal
21 Utter confusion
24 Responsibility
25 Breathing organ
26 Vote
30 Grecian receptacle
31 Elbows' counterparts
32 Carnival city
33 Lift
35 Cookware
36 Yale students
37 Tearjerker need (Var.)
38 Yarn-fineness measure
41 London atmosphere
42 "American —"
43 Grandeur
48 Malaria symptom
49 Placekicking prop
50 Recess
51 Give temporarily
52 Still
53 Eyelid problem

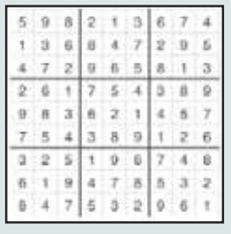
Down
1 That girl
2 Crony
3 Pub order
4 Big kahuna
5 Actress Cannon
6 Charged bit
7 Rebellious sailor
8 Truthful
9 Stench
10 Bigfoot's cousin
11 On the briny
16 Possessive pronoun
20 Tampa Bay team, for short
21 Hint
22 Pitch
23 Daughter of Elizabeth
24 Dairy-case wares
26 Whole
27 Tehran's land
28 Sty cry
29 Inquisitive
31 Hardy cabbage
34 Concealed in mystery
35 Irreligious people
37 Glutton
38 "Don't touch that —!"
39 Advantage
40 It may be a common object
41 Yard trio
44 Marvin or Majors
45 "To be or — ..."
46 Shyly flirtatious
47 — out a living





How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

HA DEZ MWV RQWVPPHSN LMLVWR HS M FWMYD AWVSYD, RECV LVELKV CHNQU FKMHC DEZ WV ES M UVMW.

Yesterday's Cryptoquip: WHEN VICE PRESIDENT AARON BECAME HUNGRY, YOU MIGHT SUPPOSE HIS FAVORITE FOOD WAS A BURR-ITO.

Today's Cryptoquip Clue: W equals R

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Thursday 19°/13° Partly cloudy
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Horoscope

Aries | March 21 - April 20. You know what needs to be done and you know you have what it takes to make a good job of it — so what are you waiting for? Act now!

Taurus | April 21 - May 21. You may be having second thoughts about a project you are involved with, but planets warn it'd be wrong to make changes at this stage.

Gemini | May 22 - June 20. What people say and what they mean will be two different things today. Assume that nothing you hear can be taken for granted.

Cancer | June 21 - July 22. You may find yourself at a loss to explain why certain things are happening but your senses tell you they are, so all you can really do is decide how to react. Doing something is better than doing nothing.

Leo | July 23 - Aug. 22. Mercury in your sign will help you outsmart those who think you can be easily manipulated. They're wrong.

Virgo | Aug. 23 - Sept. 22. Chances are you will mislead yourself about something today — the kind of thing that 99 times out of 100 would not fool you at all.

Libra | Sept. 23 - Oct. 22. You know your way of looking at the world is best but you won't be able to convince loves ones and work colleagues of that today. They have as much right to be wrong as you.

Scorpio | Oct. 23 - Nov. 21. You will hear something you do not agree with today but don't make an issue of it. Others can rant and rave, and make fools of themselves if they so wish, but you know it is better to be self-controlled.

Sagittarius | Nov. 22 - Dec. 21. Today's cosmic activity will encourage you to focus on down-to-earth matters such as how to pay the bills and make ends meet.

Capricorn | Dec. 22 - Jan 20. Do whatever it takes to avoid feelings of doom today. If you get stuck in a bad mood now, you may not be able to snap out of it until the weekend at the earliest.

Aquarius | Jan. 21 - Feb 18. Don't try to second guess partners and loved ones today because there is a danger you will get it wrong.

Pisces | Feb. 19 - March 20. You may think you know what's going on at work, but do you? Mercury's link to Pluto warns you may have logic twisted, so try to stand back from the situation and see the wider picture. **SALLY BROMPTON**

Caption Contest

"Help! I've pollen and I can't get up!"
Amanda

TRI-CITY HERALD, BOB BRAWDY/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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metro
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